



Spooky Eyeball Tacos

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.3 oz olives black drained sliced canned
- 0.8 cup knudsen cream sour
- 1 lb ground beef lean
- 0.8 cup taco bellâ® & chunky salsa thick
- 1 oz taco bellâ® taco seasoning mix
- 12 taco bellâ® crunchy taco shells

Equipment

- frying pan

oven

Directions

Heat oven to 350F.

Mix meat and seasoning mix; shape into 36 (1-inch) balls.

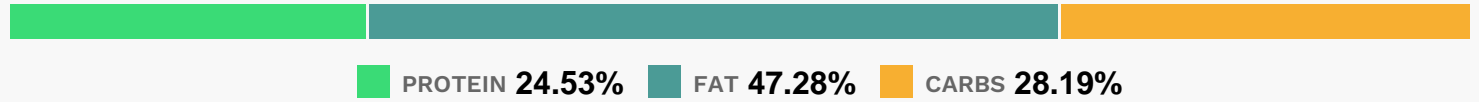
Place in 15x10x1-inch pan.

Bake 15 to 20 min. or until done (160F).

Fill each taco shell with 1 meatball; drizzle with salsa. Top with 2 meatballs dipped in sour cream.

Garnish with olives to resemble eyeballs.

Nutrition Facts



Properties

Glycemic Index:1.7, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:1.8973913173313%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 46.27kcal (2.31%), Fat: 2.44g (3.76%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.76g (1%), Sugar: 0.53g (0.59%), Cholesterol: 9.58mg (3.19%), Sodium: 134.52mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Zinc: 0.66mg (4.4%), Vitamin B12: 0.26µg (4.38%), Vitamin B3: 0.75mg (3.76%), Phosphorus: 35.74mg (3.57%), Selenium: 2.36µg (3.38%), Vitamin B6: 0.06mg (3.13%), Vitamin A: 123.63IU (2.47%), Iron: 0.41mg (2.27%), Fiber: 0.51g (2.06%), Potassium: 66.19mg (1.89%), Vitamin B2: 0.03mg (1.77%), Magnesium: 6.82mg (1.71%), Manganese: 0.03mg (1.38%), Vitamin E: 0.19mg (1.29%), Calcium: 11.17mg (1.12%), Vitamin B1: 0.02mg (1.02%)