



Stringy Tacos

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb ground beef
- 1 cup lettuce shredded
- 6 sticks polly-o mozzarella string cheese kraft
- 10.8 oz taco bellâ® crunchy taco dinner kit

Equipment

Directions

- Cook meat with Taco Seasoning
- Mix as directed on package.
- Pull cheese into thin strips.
- Fill Taco Shells evenly with meat mixture; top with cheese, lettuce and Salsa.

Nutrition Facts

PROTEIN 26.96%

FAT 71.68%

CARBS 1.36%

Properties

Glycemic Index:2.13, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.7421739496615%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 151.36kcal (7.57%), Fat: 11.93g (18.35%), Saturated Fat: 5.83g (36.41%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.45g (0.17%), Sugar: 0.34g (0.38%), Cholesterol: 40.99mg (13.66%), Sodium: 147.21mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.19%), Vitamin B12: 0.9µg (14.95%), Calcium: 140.48mg (14.05%), Phosphorus: 137.73mg (13.77%), Zinc: 1.88mg (12.55%), Selenium: 7.59µg (10.84%), Vitamin B3: 1.31mg (6.54%), Vitamin B2: 0.11mg (6.5%), Vitamin B6: 0.11mg (5.6%), Iron: 0.73mg (4.03%), Vitamin A: 158.04IU (3.16%), Potassium: 105.68mg (3.02%), Magnesium: 10.56mg (2.64%), Vitamin K: 2.21µg (2.1%), Vitamin B5: 0.21mg (2.07%), Folate: 6.15µg (1.54%), Vitamin B1: 0.02mg (1.31%), Copper: 0.02mg (1.24%), Vitamin E: 0.18mg (1.22%)