

Taco Bean Salad

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



1164 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup olives black sliced
- ☐ 16 ounce black beans drained and rinsed canned
- ☐ 16 ounce pinto beans drained and rinsed canned
- ☐ 0.5 cup chili powder
- ☐ 16 ounce garbanzo beans drained and rinsed
- ☐ 2 pounds ground beef
- ☐ 2 tablespoons ground cumin
- ☐ 12 servings salt and ground pepper black to taste

- ☐ 1 cup taco sauce
- ☐ 1 head iceberg lettuce shredded
- ☐ 4 cups mayonnaise
- ☐ 1 teaspoon olive oil
- ☐ 1 large onion chopped
- ☐ 1 tablespoon oregano dried
- ☐ 2 teaspoons pepper sauce hot
- ☐ 28 ounce kidney beans light red drained and rinsed canned
- ☐ 2 cups cheddar cheese shredded
- ☐ 1 tomatoes chopped
- ☐ 2 cups tortilla chips crumbled

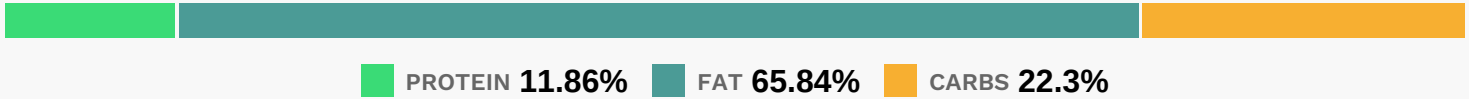
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a skillet over medium heat. Cook and stir onion until it has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.
- ☐ Cook and stir ground beef into onion until the beef is crumbly, evenly browned, and no longer pink, about 10 minutes.
- ☐ Drain and discard any excess grease. Stir in chili powder, oregano, and cumin until incorporated, 1 minute.
- ☐ Remove from heat. Stir in olives, kidney beans, garbanzo beans, pinto beans, and black beans; cool.
- ☐ Mix together mayonnaise, taco sauce, and hot pepper sauce in a bowl. Refrigerate until ready to serve.
- ☐ Layer lettuce with tomatoes, Cheddar cheese, bean mixture, tortilla chips, and dressing to serve.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:7.9, Inflammation Score:-10, Nutrition Score:39.189565658569%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 1163.8kcal (58.19%), Fat: 86.37g (132.87%), Saturated Fat: 19.41g (121.33%), Carbohydrates: 65.83g (21.94%), Net Carbohydrates: 47.79g (17.38%), Sugar: 10.09g (11.21%), Cholesterol: 103.87mg (34.62%), Sodium: 1516.06mg (65.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35g (70%), Vitamin K: 160.63µg (152.99%), Fiber: 18.04g (72.17%), Vitamin A: 3538.07IU (70.76%), Manganese: 1.25mg (62.33%), Vitamin E: 8.32mg (55.49%), Folate: 219.51µg (54.88%), Phosphorus: 548.36mg (54.84%), Iron: 9.07mg (50.4%), Zinc: 6.52mg (43.49%), Vitamin B6: 0.74mg (36.96%), Selenium: 24.18µg (34.55%), Potassium: 1192.83mg (34.08%), Magnesium: 134.52mg (33.63%), Copper: 0.66mg (32.79%), Vitamin B12: 1.91µg (31.78%), Calcium: 306.46mg (30.65%), Vitamin B3: 5.64mg (28.22%), Vitamin B2: 0.45mg (26.6%), Vitamin B1: 0.36mg (23.75%), Vitamin B5: 1.35mg (13.48%), Vitamin C: 6.81mg (8.26%), Vitamin D: 0.34µg (2.25%)