



## Taco Beef and Pasta

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15 ounce black beans rinsed drained canned
- 1 tablespoon cilantro leaves fresh chopped
- 3 cloves garlic crushed
- 1 tablespoon olive oil
- 8 ounce rotini pasta
- 2 cups salsa
- 1.3 ounce taco seasoning
- 1.5 pounds top round cut into 1/4 inch strips

0.5 cup water

## Equipment

bowl

frying pan

pot

slotted spoon

## Directions

Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a small bowl roll beef strips in the taco seasoning until coated. In a large skillet over medium heat, warm olive oil.

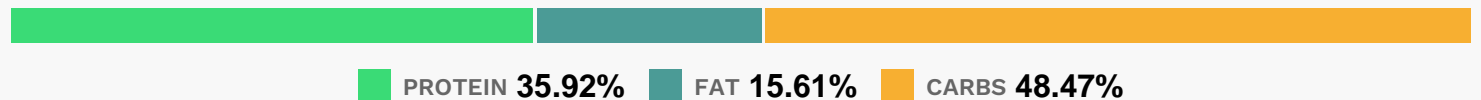
Saute beef and garlic until beef is no longer pink; about 4 minutes.

Remove with a slotted spoon and set aside.

Mix together in skillet the cooked pasta, black beans, salsa and water; cook for 4 to 5 minutes.

Combine with beef in a large bowl and serve sprinkled with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:17.33, Glycemic Load:11.49, Inflammation Score:-8, Nutrition Score:25.47608676164%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 410.13kcal (20.51%), Fat: 7.1g (10.93%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 49.63g (16.54%), Net Carbohydrates: 40.82g (14.84%), Sugar: 5.43g (6.04%), Cholesterol: 69.17mg (23.06%), Sodium: 1393.36mg (60.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.78g (73.55%), Selenium: 61.98µg (88.54%), Vitamin B6: 1.03mg (51.69%), Vitamin B3: 9.86mg (49.32%), Phosphorus: 432.06mg (43.21%), Zinc: 6.29mg

(41.94%), Fiber: 8.8g (35.21%), Manganese: 0.65mg (32.55%), Potassium: 955.54mg (27.3%), Iron: 4.87mg (27.08%), Vitamin B12: 1.53µg (25.51%), Magnesium: 86.78mg (21.69%), Copper: 0.43mg (21.54%), Vitamin A: 977.52IU (19.55%), Vitamin B1: 0.27mg (18.29%), Vitamin B2: 0.3mg (17.88%), Folate: 69.47µg (17.37%), Vitamin B5: 1.25mg (12.48%), Vitamin E: 1.77mg (11.78%), Calcium: 85.33mg (8.53%), Vitamin C: 6.7mg (8.13%), Vitamin K: 6.68µg (6.36%)