



Taco Bowls

READY IN



20 min.

SERVINGS



20

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup matchlike carrot sticks
- 1 Tbsp chili powder divided
- 0.8 lb extra-lean ground beef
- 4 8-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 4 cups tightly torn salad greens packed
- 0.5 cup taco bellâ® & chunky salsa thick divided
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely

1 large tomatoes chopped

Equipment

bowl

frying pan

baking sheet

oven

aluminum foil

Directions

Heat oven to 425F.

Crumple 4 large sheets of foil to make 4 (3-inch) balls; place on baking sheet.

Place 1 tortilla over each ball; spray with cooking spray.

Sprinkle evenly with 1/2 tsp. chili powder.

Bake 6 to 8 min. or until tortillas are golden brown. (Tortillas will drape over balls as they bake.)

Meanwhile, brown meat with carrots and remaining chili powder in large nonstick skillet on medium-high heat, stirring occasionally.

Add 1/2 cup salsa; cook and stir 2 min. or until heated through.

Mix mayo and remaining salsa in large bowl.

Add salad greens and tomatoes; mix lightly. Spoon into tortilla shells; top with meat mixture, cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:8.89, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:5.7404347586891%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 76.39kcal (3.82%), Fat: 2.89g (4.45%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.28g (2.28%), Sugar: 1.25g (1.39%), Cholesterol: 14.11mg (4.7%), Sodium: 196.87mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.81%), Vitamin A: 1415.97IU (28.32%), Selenium: 6.01µg (8.59%), Vitamin B3: 1.71mg (8.53%), Phosphorus: 78.46mg (7.85%), Vitamin B12: 0.44µg (7.41%), Zinc: 1.11mg (7.38%), Vitamin B6: 0.13mg (6.56%), Vitamin B2: 0.1mg (6.08%), Iron: 1mg (5.53%), Vitamin B1: 0.08mg (5.17%), Manganese: 0.1mg (4.98%), Potassium: 155.78mg (4.45%), Vitamin C: 3.66mg (4.44%), Folate: 17.73µg (4.43%), Vitamin K: 4.48µg (4.27%), Calcium: 42.33mg (4.23%), Fiber: 0.91g (3.63%), Vitamin E: 0.41mg (2.76%), Magnesium: 11mg (2.75%), Copper: 0.05mg (2.3%), Vitamin B5: 0.22mg (2.16%)