



Taco in a Bag

 **Gluten Free**  **Popular**

READY IN



15 min.

SERVINGS



4

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce corn chips
- 1 pound ground beef lean
- 2 cups lettuce shredded
- 0.3 cup salsa
- 1 cup cheddar cheese shredded
- 0.5 cup cup heavy whipping cream sour
- 1 ounce taco seasoning
- 1 tomatoes fresh chopped

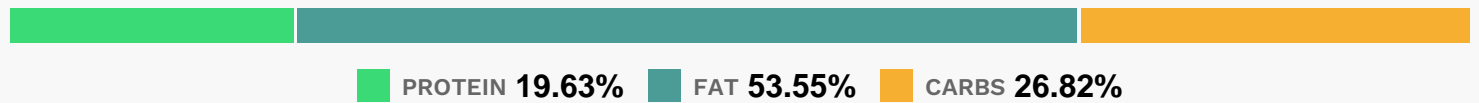
Equipment

- frying pan
- kitchen scissors

Directions

- Place ground beef in a large skillet. Cook and stir over medium heat until browned.
- Drain excess oil.
- Mix in the taco seasoning and prepare according to the directions on the package.
- With the bags unopened, gently crush the corn chips. Snip the corners off the bags using scissors and slit open the bags along the side edge. Spoon equal amounts of the beef mixture, lettuce, tomato, Cheddar cheese, salsa and sour cream into the bags on top of the crushed chips.
- Serve in the bag and eat using a fork.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:25.859130512113%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 739.73kcal (36.99%), Fat: 44.68g (68.73%), Saturated Fat: 13.97g (87.3%), Carbohydrates: 50.35g (16.78%), Net Carbohydrates: 44.99g (16.36%), Sugar: 4.94g (5.49%), Cholesterol: 115.52mg (38.51%), Sodium: 1351.88mg (58.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.84g (73.68%), Phosphorus: 534.77mg (53.48%), Zinc: 7.97mg (53.12%), Selenium: 34.41µg (49.15%), Vitamin B12: 2.9µg (48.33%), Vitamin E: 6.26mg (41.72%), Vitamin B3: 7.34mg (36.69%), Calcium: 352.4mg (35.24%), Vitamin B6: 0.67mg (33.6%), Vitamin A: 1667.91IU (33.36%), Vitamin B2: 0.43mg (25.44%), Iron: 4.41mg (24.53%), Magnesium: 95.63mg (23.91%),

Manganese: 0.43mg (21.47%), Fiber: 5.36g (21.43%), Potassium: 731.64mg (20.9%), Vitamin K: 17.93µg (17.08%),
Vitamin B5: 1.44mg (14.45%), Vitamin C: 9.08mg (11.01%), Copper: 0.21mg (10.73%), Folate: 34.92µg (8.73%),
Vitamin B1: 0.13mg (8.5%), Vitamin D: 0.28µg (1.89%)