



## Taco in a Bag

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup sauce refrigerated with seasoned ground beef (from 18-oz container)
- 2 tablespoons lettuce shredded
- 1 oz tortilla chips
- 2 tablespoons cheddar cheese shredded finely

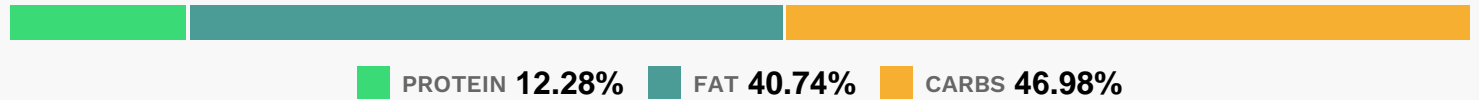
## Equipment

- bowl
- microwave

# Directions

- In small microwavable bowl, microwave ground beef on High 30 seconds or until thoroughly heated. Squeeze bag of chips to crush slightly.
- Cut bag of chips open along top; hold open. Top chips with warm ground beef; mix with fork. Top with cheese, lettuce and if desired, other taco toppings. Eat directly from bag.

# Nutrition Facts



# Properties

Glycemic Index:32, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:6.43695656113%

# Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

# Nutrients (% of daily need)

Calories: 315.98kcal (15.8%), Fat: 14.4g (22.15%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 37.36g (12.45%), Net Carbohydrates: 35.47g (12.9%), Sugar: 14.83g (16.48%), Cholesterol: 28.09mg (9.36%), Sodium: 985.22mg (42.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Calcium: 230.26mg (23.03%), Phosphorus: 199.23mg (19.92%), Vitamin K: 13.79µg (13.13%), Zinc: 1.33mg (8.84%), Magnesium: 33.28mg (8.32%), Selenium: 5.71µg (8.16%), Fiber: 1.89g (7.54%), Vitamin E: 1.13mg (7.52%), Vitamin B2: 0.12mg (7.13%), Vitamin A: 344.2IU (6.88%), Vitamin B12: 0.36µg (6.06%), Vitamin B5: 0.44mg (4.36%), Vitamin B6: 0.08mg (4.06%), Iron: 0.73mg (4.04%), Folate: 15.82µg (3.96%), Vitamin B1: 0.06mg (3.91%), Potassium: 118.43mg (3.38%), Manganese: 0.04mg (2.17%), Copper: 0.04mg (2.11%), Vitamin B3: 0.31mg (1.54%)