



Taco Joes



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef lean
- ☐ 0.3 cup onion chopped
- ☐ 16 oz salsa
- ☐ 11 ounces corn kernels whole canned
- ☐ 4.6 oz taco shells (12 Count)
- ☐ 1 serving lettuce shredded

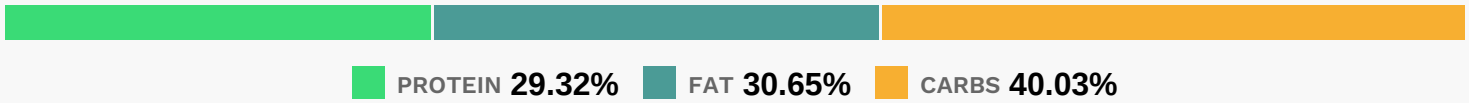
Equipment

- ☐ frying pan

Directions

- ☐ Cook beef in 10-inch skillet over medium-high heat about 6 minutes, stirring occasionally, until brown; drain. Stir in celery, onion, salsa and corn.
- ☐ Heat to boiling, stirring constantly; reduce heat. Simmer uncovered 5 minutes, stirring occasionally.
- ☐ Heat taco shells as directed on package. Spoon beef mixture into taco shells. Top with lettuce.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:10.34, Inflammation Score:-6, Nutrition Score:16.927391244018%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 322.22kcal (16.11%), Fat: 11.19g (17.21%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 32.87g (10.96%), Net Carbohydrates: 27.89g (10.14%), Sugar: 7.31g (8.12%), Cholesterol: 56.25mg (18.75%), Sodium: 869.45mg (37.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.08g (48.15%), Zinc: 5.46mg (36.39%), Vitamin B3: 7.14mg (35.71%), Vitamin B12: 2.03µg (33.87%), Vitamin B6: 0.61mg (30.42%), Phosphorus: 303.99mg (30.4%), Selenium: 18.29µg (26.12%), Potassium: 727.29mg (20.78%), Fiber: 4.98g (19.91%), Manganese: 0.36mg (18.2%), Iron: 3.23mg (17.92%), Magnesium: 65.37mg (16.34%), Vitamin B2: 0.26mg (15.18%), Folate: 55.92µg (13.98%), Vitamin A: 557.46IU (11.15%), Vitamin E: 1.63mg (10.87%), Vitamin B1: 0.16mg (10.62%), Vitamin K: 10.65µg (10.14%), Vitamin B5: 1.01mg (10.13%), Copper: 0.19mg (9.32%), Calcium: 66.56mg (6.66%), Vitamin C: 3.81mg (4.62%)