



Taco Monster Mouths



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 oz processed cheese food
- ☐ 0.5 lb ground beef 80% lean (at least)
- ☐ 12 large pimiento stuffed olives green
- ☐ 2 plum tomatoes (Roma)
- ☐ 2 tablespoons taco seasoning 40% old el paso®
- ☐ 6 taco shells old el paso® stuff® (from 4.7 oz box)
- ☐ 0.3 cup water

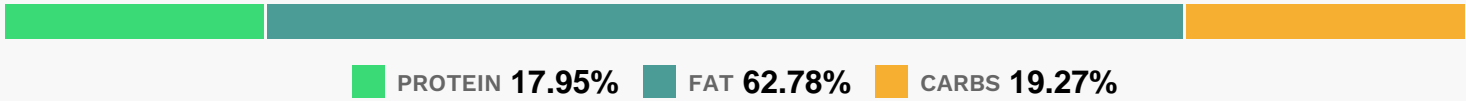
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut each tomato lengthwise into 3 pieces. Remaining inside of tomato may be chopped for additional taco filling, if desired.
- ☐ Cut slit into 1 side of each olive to make a flat side.
- ☐ Cut each of the slices of cheese in half vertically in a zigzag line to look like teeth.
- ☐ Heat oven to 350°F. Arrange taco shells on ungreased cookie sheet.
- ☐ Bake 5 to 7 minutes or until hot. Meanwhile, in 10-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in taco seasoning mix and water. Reduce heat to medium; cook about 5 minutes, stirring frequently until water has evaporated.
- ☐ To assemble, fill tacos with desired fillings so that hamburger is on the top. Placing each taco on its side on serving plate, insert 1 tomato slice into meat filling to look like tongue.
- ☐ Place 1 cheese slice with zigzag edge toward meat along top side of taco between the shell and the filling.
- ☐ Place 2 olives, flat sides down, to look like eyes on top of shell.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:4.92, Inflammation Score:-3, Nutrition Score:6.3978261040605%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 196.31kcal (9.82%), Fat: 13.69g (21.07%), Saturated Fat: 5.2g (32.5%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 7.99g (2.91%), Sugar: 1.08g (1.2%), Cholesterol: 33.92mg (11.31%), Sodium: 376.36mg (16.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Vitamin B12: 0.92µg (15.25%), Phosphorus: 138.39mg (13.84%), Zinc: 1.99mg (13.26%), Selenium: 7.75µg (11.07%), Calcium: 99.49mg (9.95%), Vitamin B3: 1.97mg (9.85%), Vitamin B6: 0.17mg (8.46%), Vitamin A: 350.78IU (7.02%), Iron: 1.13mg (6.26%), Fiber: 1.47g (5.89%), Potassium: 191.47mg (5.47%), Magnesium: 21.51mg (5.38%), Vitamin B2: 0.09mg (5.09%), Manganese: 0.1mg (4.93%), Vitamin E: 0.71mg (4.74%), Vitamin C: 3.21mg (3.89%), Folate: 14.83µg (3.71%), Vitamin B1: 0.05mg (3.5%), Vitamin K: 3.64µg (3.47%), Copper: 0.06mg (3.19%), Vitamin B5: 0.24mg (2.39%)