



Taco Pasta

READY IN



45 min.

SERVINGS



1

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup black beans
- ☐ 1 tablespoon olives black sliced
- ☐ 1 handful cheese grated ()
- ☐ 1 cup soup noodles whole wheat cooked (, I used macaroni)
- ☐ 1 green onion sliced ()
- ☐ 0.3 cup taco seasoned ground beef warmed ()
- ☐ 0.3 cup lettuce chopped ()
- ☐ 0.3 cup salsa
- ☐ 1 tablespoon cup heavy whipping cream sour

☐

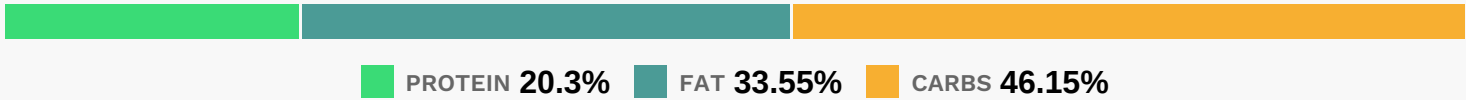
0.5 tomatoes cut into bite sized pieces)

Equipment

Directions

- ☐ After draining the pasta mix in the taco seasoned ground beef, black beans and sour cream.
- ☐ Place the taco pasta on a plate and top with your favorite taco toppings.

Nutrition Facts



Properties

Glycemic Index:217, Glycemic Load:17.88, Inflammation Score:-8, Nutrition Score:25.788695715044%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 421.05kcal (21.05%), Fat: 16.3g (25.08%), Saturated Fat: 6.1g (38.1%), Carbohydrates: 50.46g (16.82%), Net Carbohydrates: 38.73g (14.08%), Sugar: 6.12g (6.8%), Cholesterol: 48.02mg (16.01%), Sodium: 609.9mg (26.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.2g (44.4%), Manganese: 2mg (100.18%), Selenium: 40.86µg (58.37%), Fiber: 11.73g (46.91%), Vitamin K: 38.92µg (37.06%), Phosphorus: 311.27mg (31.13%), Zinc: 4.17mg (27.82%), Folate: 99.78µg (24.94%), Vitamin B6: 0.49mg (24.54%), Magnesium: 97.44mg (24.36%), Vitamin B3: 4.63mg (23.17%), Vitamin A: 1156.62IU (23.13%), Iron: 3.98mg (22.11%), Potassium: 747.31mg (21.35%), Vitamin B1: 0.32mg (21.32%), Copper: 0.43mg (21.27%), Vitamin B12: 1.24µg (20.66%), Vitamin C: 12.53mg (15.19%), Vitamin E: 2.16mg (14.43%), Vitamin B2: 0.23mg (13.72%), Vitamin B5: 1.14mg (11.36%), Calcium: 98.94mg (9.89%)