



## Taco Pasta Toss

READY IN



25 min.

SERVINGS



25

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 0.3 cup knudsen cream sour
- 1 cup regular corn frozen
- 1 lb ground beef lean
- 1 cup lettuce shredded
- 1 small onion chopped
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.5 lb pasta like spaghetti uncooked
- 1 oz taco bellâ® taco seasoning mix

1 cup water

## Equipment

bowl

frying pan

## Directions

Cook spaghetti as directed on package, omitting salt.

Meanwhile, brown meat with onions in large skillet. Stir in next 4 ingredients. Bring to boil; cover. Simmer on medium-low heat 3 min. or until heated through, stirring occasionally.

Drain spaghetti; place in large bowl.

Add meat sauce; mix lightly. Top with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:5.12, Glycemic Load:2.83, Inflammation Score:-2, Nutrition Score:4.2156521626141%

## Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 93.14kcal (4.66%), Fat: 3.1g (4.76%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 9.01g (3.28%), Sugar: 0.92g (1.02%), Cholesterol: 17.13mg (5.71%), Sodium: 169.6mg (7.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.05%), Selenium: 10.37µg (14.82%), Zinc: 1.29mg (8.61%), Phosphorus: 84.31mg (8.43%), Vitamin B12: 0.46µg (7.65%), Vitamin B3: 1.33mg (6.66%), Vitamin B6: 0.11mg (5.68%), Manganese: 0.11mg (5.46%), Vitamin A: 205.74IU (4.11%), Calcium: 40.98mg (4.1%), Iron: 0.72mg (4%), Vitamin B2: 0.07mg (3.96%), Potassium: 130.33mg (3.72%), Fiber: 0.86g (3.46%), Magnesium: 13.72mg (3.43%), Copper: 0.05mg (2.61%), Vitamin B5: 0.22mg (2.18%), Folate: 7.84µg (1.96%), Vitamin B1: 0.03mg (1.9%), Vitamin C: 1.39mg (1.69%), Vitamin E: 0.17mg (1.15%), Vitamin K: 1.13µg (1.08%)