



Taco Salad



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



501 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado diced
- ☐ 1 cup black beans
- ☐ 2 tablespoons olives black sliced
- ☐ 1 clove garlic chopped
- ☐ 0.5 pound ground beef
- ☐ 4 cups lettuce sliced
- ☐ 1 tablespoon oil
- ☐ 1 small onion diced

- ☐ 0.5 cup salsa
- ☐ 0.5 cup cheese shredded
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 tablespoon taco seasoning
- ☐ 2 large tomatoes diced
- ☐ 1 handful tortilla chips crumbled
- ☐ 0.3 cup water

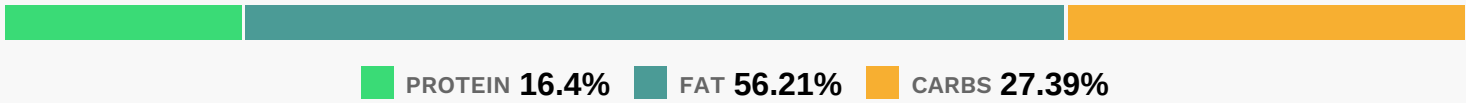
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minutes.
- ☐ Add the ground beef and cook draining any grease when done.
- ☐ Mix in the taco seasoning and water and simmer until most of the liquid has evaporated, about 3–5 minutes.Assemble salad and enjoy!

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:4.16, Inflammation Score:-9, Nutrition Score:23.861739324487%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg

0.31mg, Kaempferol: 0.31mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 501.41kcal (25.07%), Fat: 32.33g (49.74%), Saturated Fat: 9.57g (59.81%), Carbohydrates: 35.46g (11.82%), Net Carbohydrates: 24.47g (8.9%), Sugar: 7.02g (7.8%), Cholesterol: 59.8mg (19.93%), Sodium: 520.66mg (22.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.45%), Fiber: 10.99g (43.95%), Vitamin K: 43.66µg (41.58%), Folate: 151.61µg (37.9%), Vitamin A: 1610.81IU (32.22%), Phosphorus: 321.77mg (32.18%), Potassium: 1035.5mg (29.59%), Vitamin B6: 0.57mg (28.53%), Zinc: 4.2mg (27.98%), Manganese: 0.54mg (26.97%), Vitamin C: 22.07mg (26.75%), Vitamin B12: 1.56µg (26.05%), Vitamin E: 3.65mg (24.32%), Vitamin B3: 4.66mg (23.32%), Magnesium: 93.07mg (23.27%), Selenium: 13.36µg (19.09%), Iron: 3.36mg (18.66%), Vitamin B1: 0.28mg (18.34%), Vitamin B2: 0.3mg (17.64%), Copper: 0.35mg (17.35%), Calcium: 167.37mg (16.74%), Vitamin B5: 1.56mg (15.64%)