



Taco Salad II

 Gluten Free

READY IN



835 min.

SERVINGS



8

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup dressing french
- ☐ 1 bell pepper green chopped
- ☐ 1 head iceberg lettuce dried shredded rinsed
- ☐ 1 pound ground beef lean
- ☐ 3 cups cheddar-monterey jack cheese blend shredded
- ☐ 1 onion chopped
- ☐ 1.3 ounce taco seasoning
- ☐ 2 tomatoes chopped

☐ 4 ounces tortilla chips crushed

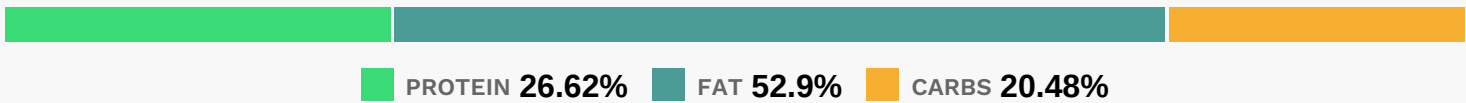
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place hamburger in a large, deep skillet. Cook over medium high heat until evenly brown and drain.
- ☐ Add taco seasoning mix and prepare as directed by package. Set aside to cool.
- ☐ In a large bowl, combine the lettuce, onions, bell pepper, cheese, beef, tomatoes and tortilla chips.
- ☐ Add enough dressing to coat, mix well and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:1.1, Inflammation Score:-8, Nutrition Score:17.39217381892%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 367.15kcal (18.36%), Fat: 21.86g (33.63%), Saturated Fat: 10.28g (64.24%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 15.58g (5.67%), Sugar: 5.59g (6.21%), Cholesterol: 72.87mg (24.29%), Sodium: 756.46mg (32.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.5%), Phosphorus: 362.07mg (36.21%), Calcium: 358.21mg (35.82%), Vitamin K: 33.47µg (31.87%), Zinc: 4.56mg (30.39%), Vitamin A: 1427.76IU (28.56%), Vitamin B12: 1.63µg (27.21%), Vitamin C: 21.07mg (25.54%), Selenium: 16.77µg (23.96%), Vitamin B6: 0.39mg (19.36%), Vitamin B3: 3.64mg (18.22%), Vitamin B2: 0.3mg (17.76%), Iron: 2.63mg (14.63%), Fiber: 3.45g (13.8%),

Potassium: 478.72mg (13.68%), Magnesium: 47.33mg (11.83%), Folate: 40.41µg (10.1%), Vitamin E: 1.5mg (10.03%),
Manganese: 0.17mg (8.36%), Vitamin B5: 0.74mg (7.41%), Vitamin B1: 0.11mg (7.08%), Copper: 0.12mg (6.13%),
Vitamin D: 0.31µg (2.07%)