



Taco Salad Made Over

READY IN



35 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup canada tex mex cheese light kraft
- 1 tablespoon chili powder
- 0.8 pound extra-lean ground beef
- 2 tablespoons calorie-wise rancher's choice dressing kraft
- 1 cup no-salt-added kidney beans canned rinsed
- 4 cups torn salad greens mixed
- 0.5 cup chunky salsa
- 1 large tomatoes chopped
- 4 large tortillas whole wheat

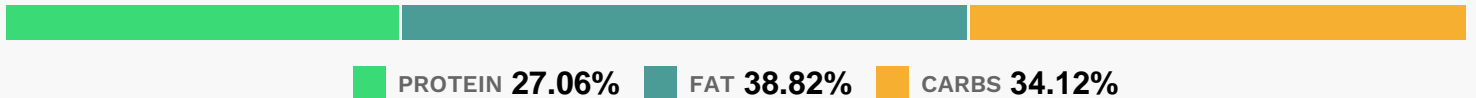
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 425 degrees F.
- Crumple 4 large sheets of foil to make 4 (3-inch) balls; place on baking sheet. Top each with 1 tortilla; spray with cooking spray.
- Bake 6 to 8 min. or until tortillas are golden brown. (Tortillas will drape over balls as they bake.)
- Meanwhile, brown meat with chili powder in large nonstick skillet. Stir in beans and salsa; cook 5 min. or until heated through, stirring occasionally.
- Fill tortilla shells with salad greens, meat mixture, cheese and tomatoes.
- Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:24.07, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:21.215217336364%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 453.28kcal (22.66%), Fat: 19.81g (30.47%), Saturated Fat: 11.46g (71.6%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 31g (11.27%), Sugar: 4.81g (5.34%), Cholesterol: 66.86mg (22.29%), Sodium: 694.19mg (30.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.06g (62.12%), Zinc: 5.63mg (37.55%), Vitamin A: 1723.95IU

(34.48%), Vitamin B12: 2.05µg (34.25%), Phosphorus: 338.84mg (33.88%), Fiber: 8.17g (32.66%), Vitamin B3: 6.02mg (30.11%), Iron: 5.31mg (29.49%), Selenium: 20.19µg (28.84%), Vitamin B6: 0.56mg (28.19%), Calcium: 227.13mg (22.71%), Potassium: 782.96mg (22.37%), Folate: 88.23µg (22.06%), Vitamin C: 16.68mg (20.21%), Manganese: 0.4mg (20.12%), Vitamin B2: 0.28mg (16.63%), Magnesium: 59.7mg (14.92%), Vitamin E: 2.03mg (13.53%), Copper: 0.27mg (13.26%), Vitamin K: 13.11µg (12.49%), Vitamin B1: 0.16mg (10.33%), Vitamin B5: 0.87mg (8.74%), Vitamin D: 0.17µg (1.13%)