



Taco Salad Tostada

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb ground beef lean
- 1.5 cups lettuce shredded
- 0.5 cup taco bellâ® & chunky salsa thick
- 1.5 cups cheddar cheese shredded kraft
- 14.3 oz taco bellâ® crunchy taco dinner kit cheesy double decker
- 1 tomatoes chopped

Equipment

- baking sheet

oven

Directions

- Heat oven to 350F.
- Spray both sides of Tortillas with cooking spray, then place in a single layer on baking sheet.
- Bake 10 min. or until crisp and lightly browned.
- Cook meat with Taco Seasoning
- Mix as directed on package.
- Spread each tortilla with 1 Tbsp. Nacho Cheese Sauce; top with meat mixture and lettuce. Crumble 1 Taco Shell over each tostada; top with tomato, cheese and salsa.

Nutrition Facts

 **PROTEIN 33.42%**  **FAT 62.61%**  **CARBS 3.97%**

Properties

Glycemic Index:3.23, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.9604347218638%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 94.47kcal (4.72%), Fat: 6.54g (10.06%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.53g (0.59%), Cholesterol: 27.82mg (9.27%), Sodium: 157.66mg (6.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.7%), Calcium: 132.32mg (13.23%), Phosphorus: 117.89mg (11.79%), Vitamin B12: 0.56µg (9.4%), Zinc: 1.4mg (9.36%), Selenium: 6.29µg (8.99%), Vitamin B2: 0.1mg (5.6%), Vitamin B3: 0.93mg (4.63%), Vitamin A: 218.38IU (4.37%), Vitamin B6: 0.08mg (4.19%), Iron: 0.49mg (2.74%), Potassium: 94.08mg (2.69%), Magnesium: 9.57mg (2.39%), Vitamin K: 1.89µg (1.8%), Vitamin B5: 0.17mg (1.7%), Folate: 5.53µg (1.38%), Vitamin E: 0.2mg (1.33%), Copper: 0.02mg (1.15%), Vitamin B1: 0.02mg (1.03%)