



Taco Salad with Hearty Meat Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup avocado chopped
- ☐ 0.5 cup kidney beans canned drained
- ☐ 0.3 teaspoon chili powder
- ☐ 2 6-inch flour tortillas ()
- ☐ 2 tablespoons green onions chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon jalapeno seeded chopped
- ☐ 3 cups lettuce shredded
- ☐ 1 ounce cheddar cheese shredded reduced-fat

- ☐ 1.5 cups meat sauce hearty
- ☐ 2 tablespoons nonfat cream alternative sour
- ☐ 0.5 cup tomatoes chopped

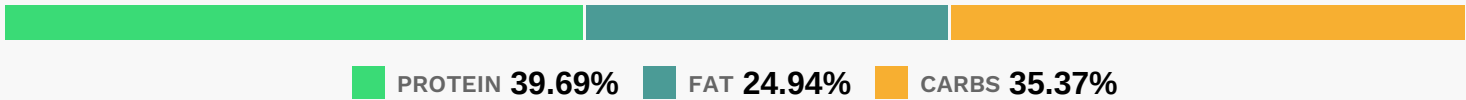
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine first 5 ingredients in a small saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 25 minutes, stirring frequently.
- ☐ Cut each tortilla into 6 wedges.
- ☐ Place wedges on an ungreased baking sheet.
- ☐ Bake at 350 for 5 minutes on each side or until crisp and golden. Set aside.
- ☐ Place lettuce evenly on 2 salad plates. Spoon meat mixture evenly over lettuce.
- ☐ Sprinkle 1/4 cup tomato, 2 tablespoons avocado, and 1 tablespoon green onions around the edge of each salad.
- ☐ Sprinkle cheese evenly over meat mixture. Top each salad with 1 tablespoon sour cream.
- ☐ Serve with tortilla wedges.

Nutrition Facts



Properties

Glycemic Index:132.5, Glycemic Load:8.12, Inflammation Score:-8, Nutrition Score:25.50304337429%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.25mg,

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 345.98kcal (17.3%), Fat: 9.61g (14.78%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 23.92g (8.7%), Sugar: 5.5g (6.12%), Cholesterol: 76.06mg (25.35%), Sodium: 588.16mg (25.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.4g (68.79%), Vitamin B3: 14.07mg (70.37%), Selenium: 46.17µg (65.96%), Vitamin B6: 1.04mg (52.21%), Vitamin K: 50.13µg (47.75%), Phosphorus: 471.04mg (47.1%), Potassium: 958.61mg (27.39%), Fiber: 6.72g (26.9%), Manganese: 0.53mg (26.53%), Folate: 103.48µg (25.87%), Vitamin B1: 0.35mg (23.63%), Vitamin A: 1127.29IU (22.55%), Vitamin B5: 2.14mg (21.38%), Vitamin B2: 0.34mg (20.25%), Magnesium: 73.28mg (18.32%), Iron: 3.23mg (17.95%), Vitamin C: 14.36mg (17.4%), Calcium: 171.45mg (17.14%), Zinc: 1.81mg (12.06%), Copper: 0.23mg (11.43%), Vitamin E: 1.2mg (8.03%), Vitamin B12: 0.33µg (5.51%)