



 **100%**
HEALTH SCORE

Taco Salad with Tortilla Whiskers

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



842 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 pound tender beef steak such as top loin dried boneless rinsed fat trimmed
- 15 oz regular black beans rinsed drained reduced-sodium canned
- 0.8 teaspoon chili powder
- 3 corn tortillas (6 in. wide)
- 0.5 cup regular cream sour reduced-fat
- 0.3 cup green onions sliced
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin

- 1.3 cups guacamole
- 1.5 tablespoons olive oil
- 3 quarts romaine lettuce shredded finely
- 2 cups tomato salsa fresh
- 0.8 teaspoon salt
- 4 oz sharp cheddar cheese shredded
- 1 tablespoon distilled vinegar white

Equipment

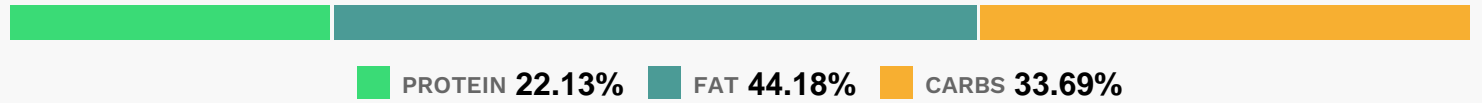
- bowl
- frying pan
- oven
- baking pan

Directions

- Stack tortillas and cut into 1/8- to 1/4-inch-wide strips. In a 12- by 17-inch baking pan, mix strips with 1 tablespoon olive oil, 3/4 teaspoon salt, and chili powder.
- Bake tortilla strips in a 425 regular or convection oven, stirring occasionally, until crisp, 5 to 8 minutes.
- Pour out of pan and let cool.
- Meanwhile, cut steak across the grain into 1/4-inch-thick slices. Stack a few slices at a time and cut into strips about 1/4 inch wide and 3 to 4 inches long. In a small bowl, mix vinegar, cumin, and cinnamon.
- Place a 10- to 12-inch nonstick frying pan over high heat. When hot, add remaining 1/2 tablespoon oil and quickly swirl to coat bottom.
- Add beef at once and stir just until browned on the surface and still pink in the center (cut to test), about 1 minute.
- Add vinegar mixture and stir just until liquid is evaporated, about 1 minute.
- Mound lettuce in the center of a large, shallow bowl. Surround with tortilla whiskers.

Layer beans, cheese, then steak evenly over lettuce. Top with guacamole and sour cream and sprinkle with green onions. Gently spoon salad onto plates; serve with salsa.

Nutrition Facts



Properties

Glycemic Index:59.88, Glycemic Load:9.42, Inflammation Score:-10, Nutrition Score:62.368695155434%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 16.28mg, Quercetin: 16.28mg, Quercetin: 16.28mg, Quercetin: 16.28mg

Nutrients (% of daily need)

Calories: 842.46kcal (42.12%), Fat: 43.75g (67.31%), Saturated Fat: 16.34g (102.13%), Carbohydrates: 75.08g (25.03%), Net Carbohydrates: 41.73g (15.18%), Sugar: 15.23g (16.92%), Cholesterol: 112.15mg (37.38%), Sodium: 1609.75mg (69.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.3g (98.6%), Vitamin A: 63463.77IU (1269.28%), Vitamin K: 768.49µg (731.9%), Folate: 1215.48µg (303.87%), Fiber: 33.34g (133.37%), Manganese: 1.96mg (97.8%), Potassium: 3264.61mg (93.27%), Phosphorus: 836.69mg (83.67%), Vitamin B6: 1.65mg (82.39%), Iron: 12.15mg (67.47%), Magnesium: 262.13mg (65.53%), Vitamin B1: 0.97mg (64.7%), Selenium: 42.05µg (60.07%), Vitamin B2: 0.99mg (58.03%), Vitamin B3: 11.49mg (57.46%), Calcium: 573.15mg (57.32%), Zinc: 8.41mg (56.06%), Vitamin C: 40.05mg (48.55%), Copper: 0.92mg (45.8%), Vitamin E: 5.85mg (39%), Vitamin B5: 3.39mg (33.92%), Vitamin B12: 1.15µg (19.13%), Vitamin D: 0.65µg (4.31%)