



Taco Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

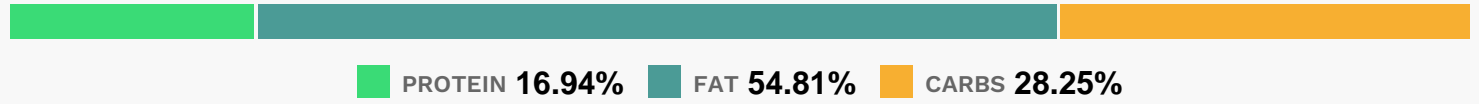
- 2 tsp knudsen cream sour
- 2 slices oscar mayer deli ham smoked fresh
- 1 Tbsp iceberg lettuce shredded
- 1 singles kraft
- 1 taco bellâ® crunchy taco shell
- 1 Tbsp tomatoes chopped

Equipment

Directions

- Stack ham slices; top with Singles.
- Roll up, starting at one short end; place in taco shell.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.6656521468059%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 77.83kcal (3.89%), Fat: 4.62g (7.11%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 5.07g (1.84%), Sugar: 0.2g (0.23%), Cholesterol: 7.92mg (2.64%), Sodium: 169.48mg (7.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Iron: 1.44mg (7.99%), Vitamin B1: 0.07mg (4.66%), Selenium: 2.6µg (3.72%), Phosphorus: 28.33mg (2.83%), Vitamin B3: 0.52mg (2.61%), Vitamin B6: 0.05mg (2.34%), Zinc: 0.28mg (1.86%), Vitamin B2: 0.03mg (1.72%), Potassium: 45.68mg (1.31%), Vitamin B12: 0.08µg (1.25%), Fiber: 0.29g (1.17%), Vitamin A: 53.76IU (1.08%)