



## Taco Sloppy Joes

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

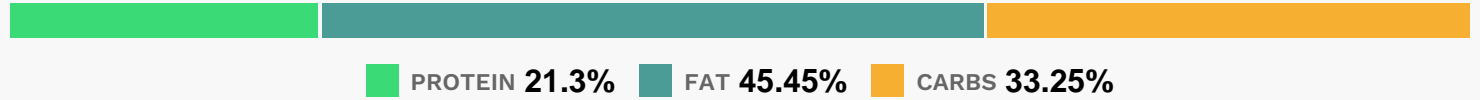
- 1 lb ground beef
- 6 hamburger buns split
- 1 cup taco bellâ® & chunky mild salsa thick
- 1.3 oz pkt. taco bellâ® taco seasoning mix
- 0.8 cup water

### Equipment

## Directions

- Brown meat; drain.
- Add seasoning mix, salsa and water. Bring to boil. Reduce heat to medium-low; simmer 10 min., stirring occasionally.
- Fill buns with the meat mixture.

## Nutrition Facts



## Properties

Glycemic Index:3.1, Glycemic Load:3.86, Inflammation Score:-2, Nutrition Score:4.0208695984405%

## Nutrients (% of daily need)

Calories: 100.7kcal (5.03%), Fat: 5.07g (7.79%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 7.54g (2.74%), Sugar: 1.77g (1.96%), Cholesterol: 16.1mg (5.37%), Sodium: 307.6mg (13.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Selenium: 7.03µg (10.04%), Vitamin B12: 0.51µg (8.52%), Vitamin B3: 1.64mg (8.22%), Zinc: 1.07mg (7.13%), Iron: 1.06mg (5.87%), Vitamin B1: 0.08mg (5.62%), Phosphorus: 53.02mg (5.3%), Vitamin B6: 0.1mg (5.21%), Vitamin A: 228.75IU (4.57%), Vitamin B2: 0.08mg (4.47%), Manganese: 0.09mg (4.41%), Folate: 14.23µg (3.56%), Fiber: 0.8g (3.2%), Potassium: 110.51mg (3.16%), Calcium: 26.56mg (2.66%), Magnesium: 8.86mg (2.22%), Vitamin E: 0.29mg (1.91%), Copper: 0.04mg (1.89%), Vitamin K: 1.57µg (1.5%), Vitamin C: 1.21mg (1.47%), Vitamin B5: 0.14mg (1.4%)