



## Taco Twists

READY IN



40 min.

SERVINGS



12

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound ground beef
- 1 large onion chopped
- 2 cups cheddar cheese shredded
- 1 cup salsa
- 4 ounces chilis green chopped canned
- 1 teaspoon garlic powder
- 0.5 teaspoon hot sauce hot
- 0.3 teaspoon salt
- 0.3 teaspoon ground cumin

- 24 ounces regular crescent rolls refrigerated
- 1 serving jalapeno shredded ripe seeded sliced chopped

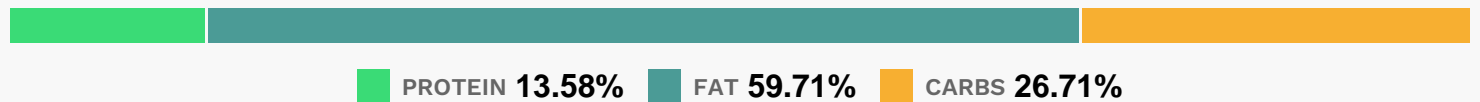
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the cheese, salsa, chiles, garlic powder, hot pepper sauce, salt and cumin.
- Unroll crescent roll dough and separate into 12 rectangles.
- Place on ungreased baking sheets; press perforations to seal.
- Place 1/2 cup meat mixture in the center of each rectangle. Bring 4 corners to the center and twist; pinch to seal.
- Bake at 350° until golden brown, 25–30 minutes.
- Serve with toppings as desired.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:7.1995651410974%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

## Nutrients (% of daily need)

Calories: 385.63kcal (19.28%), Fat: 26.25g (40.38%), Saturated Fat: 11.63g (72.71%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 25.62g (9.32%), Sugar: 7.11g (7.89%), Cholesterol: 45.67mg (15.22%), Sodium: 826.81mg (35.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.86%), Vitamin B12: 1.01µg (16.81%),

Selenium: 11.35µg (16.21%), Phosphorus: 158.89mg (15.89%), Zinc: 2.35mg (15.7%), Calcium: 152.95mg (15.3%), Vitamin B6: 0.2mg (10.25%), Iron: 1.76mg (9.8%), Vitamin B3: 1.93mg (9.65%), Vitamin B2: 0.15mg (8.99%), Vitamin A: 307.91IU (6.16%), Vitamin C: 4.95mg (6%), Potassium: 205.88mg (5.88%), Magnesium: 16.77mg (4.19%), Vitamin E: 0.57mg (3.83%), Folate: 15.13µg (3.78%), Vitamin B5: 0.34mg (3.37%), Fiber: 0.8g (3.19%), Manganese: 0.05mg (2.53%), Copper: 0.05mg (2.51%), Vitamin B1: 0.04mg (2.5%), Vitamin K: 2.14µg (2.04%), Vitamin D: 0.15µg (1.01%)