



Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

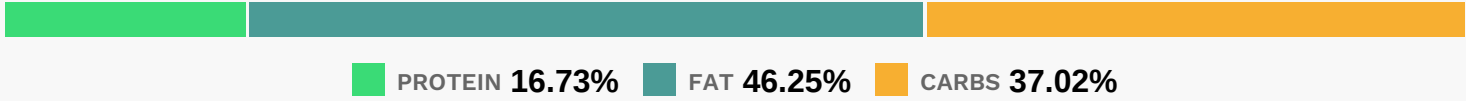
- ☐ 8 servings cheese grated
- ☐ 1 batch taco seasoned ground beef
- ☐ 8 servings lettuce shredded
- ☐ 8 servings salsa
- ☐ 8 servings cup heavy whipping cream sour
- ☐ 8 servings tomatoes chopped
- ☐ 8 tortillas hard soft (or)

Equipment

Directions

☐ Assemble tacos.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:7.22, Inflammation Score:-9, Nutrition Score:18.475217166154%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 292.42kcal (14.62%), Fat: 15.5g (23.84%), Saturated Fat: 7.93g (49.57%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 23.06g (8.38%), Sugar: 9.33g (10.36%), Cholesterol: 37.17mg (12.39%), Sodium: 648.62mg (28.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.22%), Vitamin A: 2475.14IU (49.5%), Vitamin K: 40.08µg (38.17%), Vitamin C: 27.87mg (33.78%), Calcium: 311.02mg (31.1%), Phosphorus: 279.76mg (27.98%), Manganese: 0.51mg (25.26%), Selenium: 16.02µg (22.89%), Folate: 89.32µg (22.33%), Potassium: 710.59mg (20.3%), Fiber: 4.85g (19.42%), Vitamin B1: 0.28mg (18.42%), Vitamin B2: 0.3mg (17.88%), Vitamin B3: 2.9mg (14.48%), Vitamin B6: 0.28mg (14.07%), Zinc: 1.81mg (12.06%), Vitamin E: 1.79mg (11.96%), Iron: 2.13mg (11.85%), Magnesium: 46.75mg (11.69%), Copper: 0.19mg (9.63%), Vitamin B12: 0.35µg (5.76%), Vitamin B5: 0.52mg (5.2%), Vitamin D: 0.18µg (1.2%)