



Tarantula Tacos

 Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.7 oz taco shells (10 Count)
- 1 lb ground beef 80% lean (at least)
- 1 oz taco seasoning
- 0.7 cup water
- 4 oz cheddar cheese shredded
- 1.5 cups lettuce shredded
- 0.8 cup tomatoes chopped
- 0.3 cup cream sour

- 20 extra large olives pitted ripe

Equipment

- frying pan
- oven
- ziploc bags

Directions

- Heat oven to 325°F.
- Heat taco shells in oven as directed on box.
- Meanwhile, in 10-inch skillet, cook ground beef over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain. Stir in taco seasoning mix and water. Reduce heat to medium; cook uncovered about 5 minutes, stirring frequently, until water has evaporated.
- Remove from heat.
- Spoon beef mixture into heated taco shells. Top with cheese, lettuce and tomato.
- Spoon sour cream into small resealable food-storage plastic bag. Seal bag; cut tiny hole in corner of bag. Pipe sour cream over top of each taco to resemble spiderweb.
- For each spider, top taco with 1 olive, pitted end down.
- Cut second olive lengthwise into 8 pieces; place around olive for legs. For eyes, squeeze 2 dots of sour cream onto top of olive.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:10.79, Inflammation Score:-7, Nutrition Score:16.149565271709%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 513.48kcal (25.67%), Fat: 36.42g (56.03%), Saturated Fat: 14.7g (91.9%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 19.42g (7.06%), Sugar: 3.03g (3.37%), Cholesterol: 93.87mg (31.29%), Sodium: 1010.91mg (43.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.81%), Vitamin B12: 2.21µg (36.77%), Zinc: 5.17mg (34.48%), Phosphorus: 328.36mg (32.84%), Selenium: 21.9µg (31.28%), Vitamin A: 1192.81IU (23.86%), Calcium: 230.33mg (23.03%), Vitamin B3: 4.55mg (22.76%), Vitamin B6: 0.4mg (19.97%), Vitamin B2: 0.29mg (16.81%), Iron: 2.85mg (15.84%), Fiber: 3.91g (15.63%), Magnesium: 50.86mg (12.71%), Potassium: 428.48mg (12.24%), Vitamin K: 11.84µg (11.27%), Manganese: 0.22mg (10.85%), Vitamin E: 1.54mg (10.26%), Folate: 40.29µg (10.07%), Vitamin B1: 0.13mg (8.4%), Vitamin C: 6.32mg (7.66%), Copper: 0.14mg (6.89%), Vitamin B5: 0.63mg (6.31%), Vitamin D: 0.23µg (1.51%)