



Tasty Tacos



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

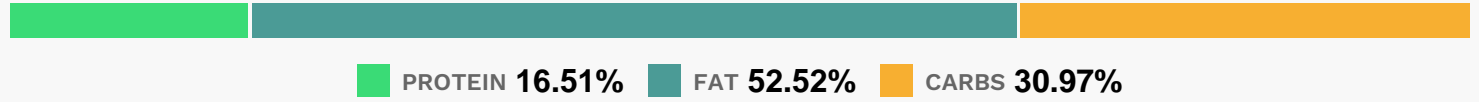
- 0.5 lb ground beef cooked drained
- 1 cup lettuce shredded
- 0.8 cup velveeta® salsa dip
- 10 taco bell® crunchy taco shells
- 0.8 cup tomatoes chopped

Equipment

Directions

- Mix VELVEETA Salsa Dip with cooked meat.
- Spoon evenly into taco shells; top evenly with the lettuce and tomato.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:3.19, Inflammation Score:-2, Nutrition Score:2.9252174098207%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 82.27kcal (4.11%), Fat: 4.81g (7.41%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 5.47g (1.99%), Sugar: 0.91g (1.01%), Cholesterol: 10.73mg (3.58%), Sodium: 122.18mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Vitamin B12: 0.32µg (5.39%), Zinc: 0.81mg (5.38%), Phosphorus: 49.44mg (4.94%), Vitamin B3: 0.98mg (4.92%), Vitamin B6: 0.1mg (4.8%), Selenium: 2.77µg (3.96%), Manganese: 0.08mg (3.81%), Fiber: 0.92g (3.67%), Potassium: 117.27mg (3.35%), Vitamin K: 3.25µg (3.1%), Magnesium: 12.32mg (3.08%), Vitamin A: 149.91IU (3%), Iron: 0.52mg (2.88%), Folate: 9.61µg (2.4%), Vitamin B1: 0.03mg (2.2%), Vitamin E: 0.32mg (2.16%), Vitamin B2: 0.04mg (2.09%), Vitamin C: 1.4mg (1.7%), Copper: 0.03mg (1.62%), Calcium: 15.97mg (1.6%), Vitamin B5: 0.11mg (1.13%)