



Terrific Tacos

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup knudsen cream sour
- 1 lb ground beef lean
- 12 small lettuce leaves
- 1.5 cups mild cheddar cheese shredded kraft
- 1 cup taco bellâ® & chunky salsa thick
- 1 oz taco bellâ® taco seasoning mix
- 12 taco bellâ® crunchy taco shells warmed

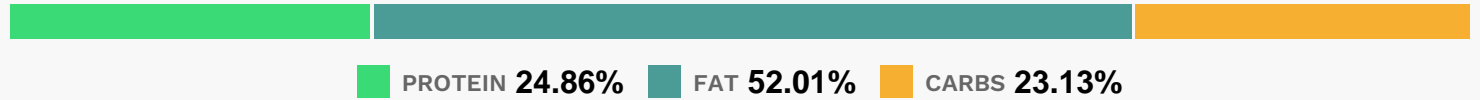
Equipment

bowl

Directions

- Cook meat with seasoning mix as directed on package.
- Meanwhile, place lettuce, cheese, salsa and sour cream in separate serving bowls.
- Serve taco shells with seasoned meat and toppings just before serving.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:2.27, Inflammation Score:-6, Nutrition Score:5.0978260765905%

Nutrients (% of daily need)

Calories: 100.47kcal (5.02%), Fat: 5.83g (8.96%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 4.93g (1.79%), Sugar: 1.07g (1.19%), Cholesterol: 22.1mg (7.37%), Sodium: 240.06mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.53%), Vitamin A: 1121.14IU (22.42%), Phosphorus: 92.31mg (9.23%), Zinc: 1.33mg (8.88%), Selenium: 5.77µg (8.24%), Vitamin B12: 0.49µg (8.21%), Calcium: 69.36mg (6.94%), Vitamin B3: 1.28mg (6.39%), Vitamin B6: 0.12mg (6.01%), Vitamin B2: 0.09mg (5.3%), Iron: 0.77mg (4.25%), Manganese: 0.08mg (4.12%), Potassium: 139.11mg (3.97%), Fiber: 0.9g (3.61%), Magnesium: 14.35mg (3.59%), Vitamin C: 2.84mg (3.45%), Folate: 11.51µg (2.88%), Vitamin B1: 0.04mg (2.56%), Vitamin E: 0.33mg (2.19%), Vitamin B5: 0.19mg (1.89%), Copper: 0.03mg (1.54%), Vitamin K: 1.25µg (1.19%)