



Tex-Mex Beef Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 8 ounce tomato sauce canned
- ☐ 1 to 3 chipotle chiles in adobo sauce canned drained chopped
- ☐ 1 cup whole-kernel corn frozen
- ☐ 10 8-inch flour tortillas fat-free ()
- ☐ 2 garlic cloves minced
- ☐ 1 pound ground sirloin

- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water

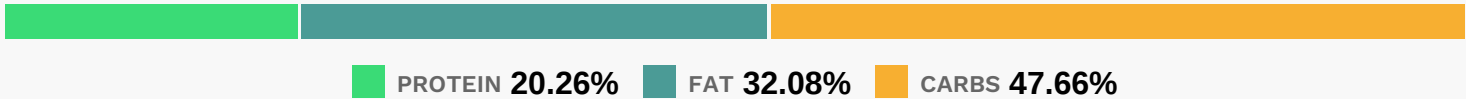
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion, garlic, and beef; cook 6 minutes or until browned, stirring to crumble beef. Stir in corn and next 6 ingredients (corn through chiles). Bring to a boil; reduce heat, and simmer 10 minutes. Warm tortillas according to package directions. Spoon 1/2 cup beef mixture into each tortilla.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:8.74, Inflammation Score:-5, Nutrition Score:13.95173921015%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 317.07kcal (15.85%), Fat: 11.29g (17.37%), Saturated Fat: 4.24g (26.49%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 31.92g (11.61%), Sugar: 4.21g (4.68%), Cholesterol: 30.84mg (10.28%), Sodium: 769.2mg (33.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.09%), Selenium: 19.49µg (27.85%), Vitamin B3: 5.04mg (25.19%), Phosphorus: 247.82mg (24.78%), Vitamin B1: 0.36mg (23.68%), Fiber: 5.83g (23.31%), Iron: 3.95mg (21.96%), Folate: 87.77µg (21.94%), Manganese: 0.43mg (21.63%), Zinc: 2.67mg (17.8%), Vitamin B2: 0.3mg (17.54%), Vitamin B12: 0.98µg (16.4%), Vitamin B6: 0.27mg (13.27%), Potassium: 443.65mg (12.68%), Calcium: 105.08mg (10.51%), Magnesium: 41.71mg (10.43%), Copper: 0.21mg (10.34%), Vitamin B5: 0.56mg (5.63%), Vitamin C: 4.37mg (5.3%), Vitamin K: 5.01µg (4.77%), Vitamin E: 0.51mg (3.42%), Vitamin A: 107.87IU (2.16%)