



Tex-Mex Taco Dinner

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



23 min.

SERVINGS



23

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cheez whiz cheese dip
- 1 Tbsp chili powder
- 1 lb extra ground beef lean
- 1 cup chicken broth fat-free reduced-sodium
- 2 cups rice white instant uncooked
- 2 cups lettuce shredded
- 1 large tomatoes chopped
- 1 cup water

Equipment

frying pan

Directions

- Brown meat in large skillet.
- Add chili powder, broth and water; stir. Bring to boil.
- Stir in rice and Cheez Whiz; cover. Simmer on low heat 5 min., stirring occasionally.
- Serve topped with lettuce and tomatoes.

Nutrition Facts



PROTEIN 31.44% **FAT 27.89%** **CARBS 40.67%**

Properties

Glycemic Index:3.04, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:4.289565190025%

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 73.31kcal (3.67%), Fat: 2.23g (3.43%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.86g (2.49%), Sugar: 0.72g (0.8%), Cholesterol: 16.08mg (5.36%), Sodium: 145.62mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Phosphorus: 94.61mg (9.46%), Selenium: 6.51µg (9.3%), Vitamin B3: 1.76mg (8.79%), Zinc: 1.24mg (8.24%), Vitamin B12: 0.46µg (7.69%), Folate: 24.75µg (6.19%), Iron: 1.07mg (5.95%), Vitamin B1: 0.08mg (5.63%), Vitamin B6: 0.1mg (5.2%), Manganese: 0.1mg (4.97%), Vitamin A: 233.86IU (4.68%), Potassium: 119.92mg (3.43%), Vitamin B2: 0.05mg (3.21%), Calcium: 25.65mg (2.57%), Vitamin K: 2.57µg (2.45%), Copper: 0.04mg (2.08%), Vitamin B5: 0.19mg (1.87%), Magnesium: 7.41mg (1.85%), Fiber: 0.45g (1.79%), Vitamin E: 0.24mg (1.63%), Vitamin C: 1.28mg (1.55%)