



Texas Taco Joes

READY IN



35 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 1 lb extra-lean ground beef
- 0.3 cup cilantro leaves fresh chopped
- 1 cup regular corn frozen
- 0.5 cup pasilla peppers green finely chopped
- 29 oz no-salt-added tomatoes diced undrained canned
- 1 onion finely chopped
- 1 oz taco bellâ® taco seasoning mix
- 4 slices texas toast sandwich bread white

Equipment

frying pan

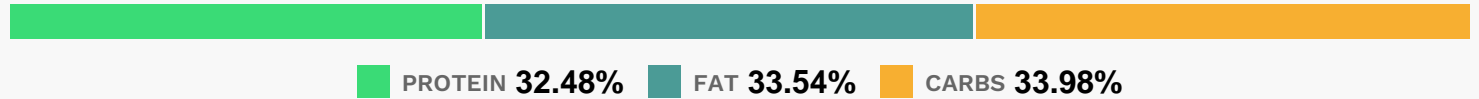
Directions

Brown meat with onions and peppers in large nonstick skillet. Stir in tomatoes and taco seasoning; simmer on medium-low heat 15 min. or until slightly thickened, stirring occasionally. Meanwhile, toast bread.

Add corn to meat mixture; cook and stir 3 min. or until heated through.

Serve over toast slices topped with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:42.69, Glycemic Load:9.58, Inflammation Score:-8, Nutrition Score:28.697826038236%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 441.76kcal (22.09%), Fat: 16.83g (25.89%), Saturated Fat: 8.29g (51.81%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 32.43g (11.79%), Sugar: 9.27g (10.3%), Cholesterol: 98.56mg (32.85%), Sodium: 975.39mg (42.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.66g (73.32%), Vitamin C: 42.55mg (51.58%), Zinc: 7.68mg (51.21%), Selenium: 34.21µg (48.87%), Vitamin B3: 9.72mg (48.62%), Vitamin B12: 2.84µg (47.33%), Phosphorus: 469.28mg (46.93%), Vitamin B6: 0.87mg (43.26%), Iron: 6.48mg (35.97%), Calcium: 336.91mg (33.69%), Vitamin B2: 0.53mg (31.22%), Potassium: 1028.99mg (29.4%), Vitamin A: 1327.25IU (26.54%), Fiber: 5.93g (23.72%), Vitamin B1: 0.34mg (22.69%), Manganese: 0.45mg (22.4%), Folate: 80µg (20%), Magnesium: 80.01mg (20%), Copper: 0.32mg (15.79%), Vitamin B5: 1.4mg (14%), Vitamin E: 2.08mg (13.88%), Vitamin K: 11.62µg (11.06%), Vitamin D: 0.28µg (1.89%)