



Three-Step Taco Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



276 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces bite-sized baked tortilla chips
- 0.5 cup olives black ripe sliced
- 15 ounce black beans rinsed drained canned
- 1 pound ground sirloin
- 8 cups iceberg lettuce shredded
- 0.7 cup bottled salsa
- 4 ounces sharp cheddar cheese shredded divided reduced-fat
- 0.7 cup cup heavy whipping cream fat-free sour

- 1.3 ounce taco seasoning
- 2 cups tomatoes fresh drained chopped
- 0.8 cup water

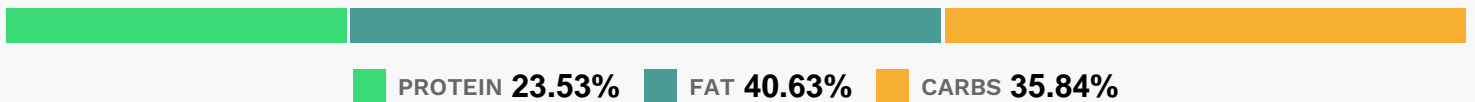
Equipment

- bowl
- frying pan

Directions

- Cook the beef in large skillet over medium-high heat until browned, stirring to crumble. Stir in taco seasoning and water. Reduce heat, and simmer 5 minutes, stirring occasionally.
- Combine sour cream and salsa in a small bowl.
- Combine the beef mixture, iceberg lettuce, tortilla chips, tomatoes, 1/2 cup cheese, and beans in a large bowl.
- Drizzle the sour cream mixture over the salad, and toss gently.
- Sprinkle with 1/2 cup cheese and black olives.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:13.827825929808%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 275.8kcal (13.79%), Fat: 12.64g (19.44%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 19.29g (7.01%), Sugar: 3.45g (3.84%), Cholesterol: 43.56mg (14.52%), Sodium: 849.58mg (36.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.92%), Phosphorus: 250.54mg (25.05%), Fiber: 5.78g (23.14%), Vitamin A: 1145.77IU (22.92%), Zinc: 3.06mg (20.41%), Selenium: 13.8µg (19.71%), Vitamin B12: 1.15µg (19.17%), Vitamin K: 17.94µg (17.09%), Calcium: 161.3mg (16.13%), Potassium: 523.54mg (14.96%), Vitamin B2: 0.25mg (14.75%), Vitamin B6: 0.29mg (14.61%), Iron: 2.62mg (14.54%), Vitamin B3: 2.89mg (14.47%), Folate: 56.61µg (14.15%), Magnesium: 49.47mg (12.37%), Manganese: 0.23mg (11.52%), Vitamin C: 8.79mg (10.65%), Vitamin B1: 0.16mg (10.34%), Copper: 0.18mg (9.24%), Vitamin E: 1.07mg (7.16%), Vitamin B5: 0.49mg (4.9%)