



Touchdown Taco Sliders

READY IN



25 min.

SERVINGS



25

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 2 lb ground beef lean
- 4 big pepper jack cheese quartered kraft
- 0.5 cup taco bellâ® & chunky salsa thick
- 16 slider buns
- 1 oz taco bellâ® taco seasoning mix

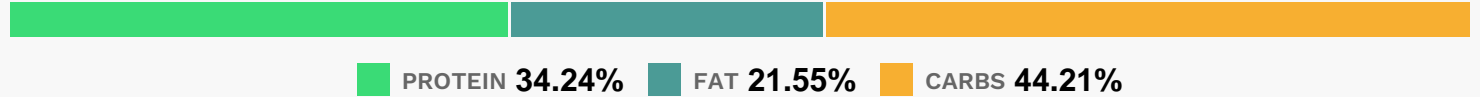
Equipment

- grill

Directions

- Heat grill to medium heat.
- Mix meat, seasoning mix and tomatoes just until blended; shape into 16 (3-inch) patties.
- Grill 4 min. on each side or until done (160F), topping with cheese pieces for the last minute.
- Serve in buns topped with salsa.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:4.9926087078841%

Nutrients (% of daily need)

Calories: 115.21kcal (5.76%), Fat: 2.73g (4.19%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 11.16g (4.06%), Sugar: 2.73g (3.03%), Cholesterol: 22.64mg (7.55%), Sodium: 172.22mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.74g (19.49%), Vitamin B12: 0.81µg (13.57%), Zinc: 1.91mg (12.71%), Vitamin B3: 2.25mg (11.26%), Iron: 1.74mg (9.67%), Selenium: 6.48µg (9.26%), Vitamin B6: 0.18mg (8.81%), Phosphorus: 79.49mg (7.95%), Fiber: 1.43g (5.7%), Potassium: 187.28mg (5.35%), Vitamin B2: 0.07mg (4.07%), Vitamin A: 167.92IU (3.36%), Copper: 0.06mg (3.07%), Magnesium: 12.1mg (3.02%), Vitamin B5: 0.29mg (2.9%), Calcium: 27.19mg (2.72%), Vitamin C: 2.12mg (2.57%), Vitamin E: 0.37mg (2.47%), Manganese: 0.04mg (1.98%), Vitamin B1: 0.03mg (1.94%), Vitamin K: 1.2µg (1.15%), Folate: 4.19µg (1.05%)