



Veggie Beef Tacos



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



5

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

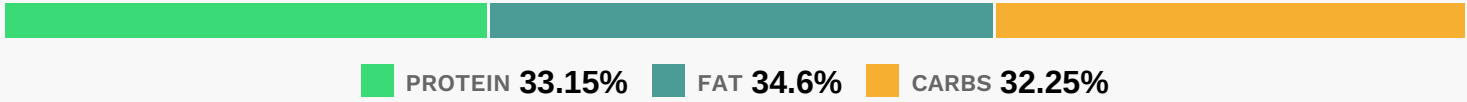
- ☐ 10 taco shells
- ☐ 1 lb ground beef lean
- ☐ 1 oz taco seasoning
- ☐ 4 oz carrots

Equipment

Directions

- ☐ Heat taco shells as directed on box.
- ☐ Make beef mixture as directed on taco seasoning mix pouch--except stir in carrot purée with the water.
- ☐ Spoon beef mixture into taco shells.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:9.99, Inflammation Score:-10, Nutrition Score:16.025217445%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 258.48kcal (12.92%), Fat: 9.82g (15.11%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 17.3g (6.29%), Sugar: 2.5g (2.78%), Cholesterol: 56.25mg (18.75%), Sodium: 610.73mg (26.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.17g (42.34%), Vitamin A: 4324.83IU (86.5%), Vitamin B12: 2.03µg (33.87%), Zinc: 5.06mg (33.72%), Vitamin B3: 5.66mg (28.28%), Phosphorus: 243.48mg (24.35%), Selenium: 16.96µg (24.23%), Vitamin B6: 0.44mg (21.78%), Iron: 3mg (16.69%), Fiber: 3.31g (13.24%), Potassium: 441.9mg (12.63%), Magnesium: 42.6mg (10.65%), Vitamin B2: 0.18mg (10.49%), Manganese: 0.18mg (8.92%), Vitamin B1: 0.1mg (6.93%), Vitamin B5: 0.64mg (6.44%), Folate: 25.41µg (6.35%), Copper: 0.11mg (5.36%), Vitamin K: 5.33µg (5.08%), Vitamin C: 3.89mg (4.71%), Calcium: 39.65mg (3.96%), Vitamin E: 0.57mg (3.8%)