



## VELVEETA Easy Beef Taco Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 oz regular corn frozen
- 1 lb ground beef
- 8 oz iceberg lettuce shredded ( 4-)
- 1 small onion chopped
- 1.3 oz taco bellâ® taco seasoning mix
- 1 large tomatoes chopped
- 9 cups tortilla chips
- 0.8 cup water

8 oz velveeta cut into 1/2-inch cubes

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## Equipment

frying pan

## Directions

Cook meat and onions with seasoning mix and water in large skillet as directed on package.

Stir in corn and VELVEETA; cover. Cook on low heat 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring frequently.

Spoon over lettuce just before serving; top with tomatoes.

Serve with tortilla chips.

## Nutrition Facts

**PROTEIN 9.91%** **FAT 41.57%** **CARBS 48.52%**

## Properties

Glycemic Index:3.23, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:5.3426087359371%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 215.81kcal (10.79%), Fat: 10.26g (15.79%), Saturated Fat: 2.14g (13.41%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 24.4g (8.87%), Sugar: 0.9g (1%), Cholesterol: 10.73mg (3.58%), Sodium: 220.51mg (9.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11.01%), Phosphorus: 113.38mg (11.34%), Fiber: 2.55g (10.21%), Vitamin K: 9.79µg (9.33%), Magnesium: 36.06mg (9.02%), Vitamin E: 1.33mg (8.84%), Zinc: 1.2mg (8%), Vitamin B6: 0.14mg (6.92%), Vitamin B3: 1.14mg (5.68%), Iron: 1.01mg (5.63%), Selenium: 3.88µg (5.54%), Vitamin B12: 0.32µg (5.39%), Vitamin B5: 0.53mg (5.28%), Vitamin B1: 0.07mg (4.73%), Potassium: 159.84mg (4.57%), Calcium: 42.35mg (4.24%), Vitamin A: 200.76IU (4.02%), Vitamin B2: 0.06mg (3.44%), Folate: 12.52µg (3.13%), Vitamin C: 2.43mg (2.94%), Copper: 0.05mg (2.74%), Manganese: 0.04mg (1.79%)