



Weeknight Taco Salad

READY IN



20 min.

SERVINGS



4

CALORIES



659 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 4 8-inch flour tortillas ()
- 1 lb ground beef
- 4 cups lettuce shredded
- 0.3 cup classic ranch dressing kraft
- 1.3 oz pkt. taco bellâ® taco seasoning mix
- 1 large tomatoes chopped

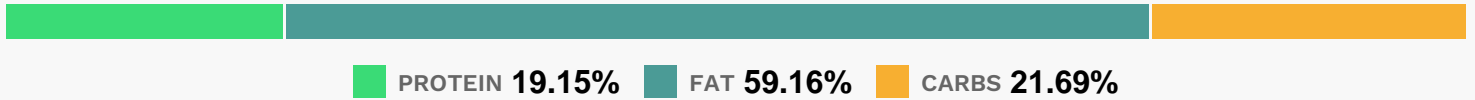
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 425F.
- Crumple 4 large sheets of foil to make 4 (3-inch) balls; place on baking sheet.
- Place 1 tortilla over each ball; spray with cooking spray.
- Bake 6 to 8 min. or until tortillas are golden brown. (Tortillas will drape over balls to form shells as they bake.)
- Meanwhile, cook meat with taco seasoning mix as directed on package.
- Fill shells with lettuce, meat mixture, cheese and tomatoes just before serving.
- Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:9.02, Inflammation Score:-8, Nutrition Score:25.248260923054%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 658.78kcal (32.94%), Fat: 43.23g (66.5%), Saturated Fat: 16.68g (104.27%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 30.8g (11.2%), Sugar: 6.97g (7.74%), Cholesterol: 112.66mg (37.55%), Sodium: 1495.48mg (65.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.48g (62.96%), Selenium: 36.97µg (52.82%), Phosphorus: 466.83mg (46.68%), Vitamin B12: 2.75µg (45.86%), Vitamin K: 47.44µg (45.18%), Zinc: 6.26mg (41.72%), Vitamin A: 1860.3IU (37.21%), Vitamin B3: 7.43mg (37.15%), Calcium: 316.31mg (31.63%), Iron: 5.16mg (28.65%), Vitamin B2: 0.48mg (28%), Vitamin B6: 0.49mg (24.35%), Vitamin B1: 0.36mg (24.14%), Folate:

90.12µg (22.53%), Manganese: 0.41mg (20.71%), Fiber: 4.86g (19.44%), Potassium: 610.63mg (17.45%), Vitamin C: 12.24mg (14.83%), Magnesium: 48.92mg (12.23%), Vitamin B5: 1mg (9.95%), Vitamin E: 1.39mg (9.23%), Copper: 0.18mg (8.96%), Vitamin D: 0.3µg (1.99%)