



Zesty Sausage Tacos

READY IN



20 min.

SERVINGS



12

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound 1 (1 pound) package bob evans® original recipe or zesty hot sausage roll hot bob evans®
- ☐ 8 ounce taco sauce
- ☐ 0.3 head iceberg lettuce shredded
- ☐ 1 large onion chopped
- ☐ 2 cups cheddar cheese shredded
- ☐ 12 taco shells
- ☐ 2 tomatoes chopped

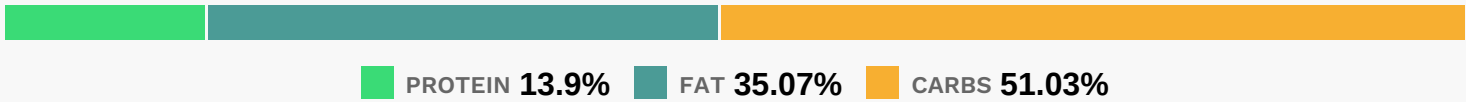
Equipment

☐ frying pan

Directions

- ☐ Crumble sausage into medium skillet; cook over medium-high heat until browned, stirring occasionally.
- ☐ Drain off any drippings. Stir in taco sauce. Bring to a boil. Reduce heat to low; simmer 5 minutes.
- ☐ To assemble tacos, place 2 tablespoons sausage mixture in each taco shell and top evenly with cheese, onion, tomatoes and lettuce.
- ☐ Serve hot. Refrigerate any leftover filling.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:16.61, Inflammation Score:-5, Nutrition Score:9.0304346810216%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 272.74kcal (13.64%), Fat: 10.59g (16.29%), Saturated Fat: 4.8g (30%), Carbohydrates: 34.66g (11.55%), Net Carbohydrates: 32.59g (11.85%), Sugar: 8.65g (9.61%), Cholesterol: 18.83mg (6.28%), Sodium: 578.22mg (25.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.88%), Selenium: 16.26µg (23.23%), Calcium: 206.53mg (20.65%), Vitamin B1: 0.25mg (16.97%), Manganese: 0.33mg (16.64%), Phosphorus: 163.18mg (16.32%), Folate: 56.47µg (14.12%), Vitamin B2: 0.22mg (12.65%), Vitamin B3: 1.96mg (9.82%), Iron: 1.65mg (9.17%), Vitamin A: 418.51IU (8.37%), Fiber: 2.08g (8.31%), Zinc: 1.23mg (8.22%), Vitamin K: 7.67µg (7.31%), Magnesium: 28.03mg (7.01%), Vitamin C: 4.54mg (5.5%), Potassium: 171.01mg (4.89%), Vitamin B6: 0.1mg (4.86%), Vitamin B12: 0.28µg (4.59%), Copper: 0.08mg (4.04%), Vitamin E: 0.46mg (3.06%), Vitamin B5: 0.12mg (1.22%)