



Zesty Sausage Tacos

READY IN



20 min.

SERVINGS



12

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cilantro sprigs and bell pepper triangles fresh
- ☐ 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

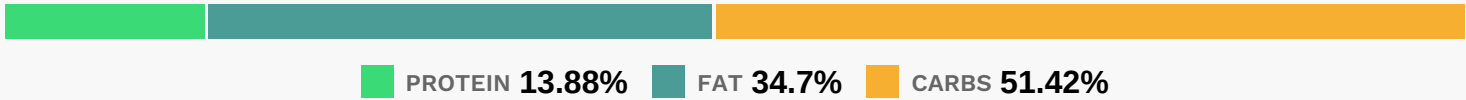
Equipment

☐ 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:23.83, Glycemic Load:16.77, Inflammation Score:-7, Nutrition Score:10.688695715821%

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: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg 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: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 275.97kcal (13.8%), Fat: 10.62g (16.34%), Saturated Fat: 4.81g (30.04%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 33.07g (12.03%), Sugar: 9.17g (10.19%), Cholesterol: 18.83mg (6.28%), Sodium: 578.72mg (25.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Vitamin C: 20.43mg (24.77%), Selenium: 16.27µg (23.25%), Calcium: 207.4mg (20.74%), Vitamin B1: 0.26mg (17.42%), Manganese: 0.35mg (17.34%), Phosphorus: 166.41mg (16.64%), Vitamin A: 807.28IU (16.15%), Folate: 62.18µg (15.55%), Vitamin B2: 0.23mg (13.27%), Vitamin B3: 2.09mg (10.43%), Iron: 1.7mg (9.47%), Fiber: 2.34g (9.35%), Zinc: 1.26mg (8.43%), Vitamin K: 8.28µg (7.89%), Magnesium: 29.52mg (7.38%), Vitamin B6: 0.13mg (6.67%), Potassium: 197.2mg (5.63%), Vitamin B12: 0.28µg (4.59%), Vitamin E: 0.66mg (4.37%), Copper: 0.08mg (4.14%), Vitamin B5: 0.16mg (1.61%)