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Beef Tacos ♦

Beef tacos are a popular Mexican dish made with seasoned ground beef, served in a tortilla with various toppings such as lettuce, tomatoes, cheese, and salsa. They are often enjoyed as a quick and delicious meal for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Ground Beef
8 pieces	tortillas
100 g	lettuce
200 g	Tomatoes
100 g	Cheese

100 g salsa

Directions

Step 1

Stove

In a skillet, cook the ground beef until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove, microwave

Warm the tortillas in a dry skillet or microwave.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Cutting

Prepare the toppings: chop the lettuce, dice the tomatoes, and shred the cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Assemble the tacos by placing a spoonful of ground beef on a tortilla, then adding the desired toppings.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Serving

Serve the beef tacos immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Mexican

Vietnamese

Middle Eastern

Course

Salads

Snacks

Sauces & Dressings

Main Dishes

Soups

Events

Picnic

Kitchen Tools

Slow Cooker

Nutritional Content

Low Carb

Low Calorie

High Protein

Low Fat

High Fiber

Low Sodium

Meal Type

Breakfast

Lunch

Dinner

Snack

Difficulty Level

Medium

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