



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Taco Pasta ^{••}

Taco pasta is a delicious and flavorful dish that combines the flavors of tacos with pasta. It is a popular comfort food and is often enjoyed as a main dish. The pasta is cooked until al dente and then tossed with a savory taco sauce, ground beef, and your favorite taco toppings. It is a hearty and satisfying meal that the whole family will love.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Pasta
250 g	Ground Beef
2 tbsp	taco seasoning
1 c	tomato sauce
1 c	Cheddar Cheese

1 c	lettuce
1 c	Tomatoes
1 c	sour cream
1 c	tortilla chips

Directions

Step 1

Boiling

Cook the pasta according to package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Stove

In a large skillet, cook the ground beef until browned. Drain excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Add the taco seasoning and tomato sauce to the skillet. Stir until well combined.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stove

Add the cooked pasta to the skillet and toss until evenly coated with the sauce.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serve the taco pasta topped with cheddar cheese, lettuce, tomatoes, sour cream, and crushed tortilla chips.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 22 g

Protein: 27 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	27 g	158.82%	158.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	5 g	13.16%	20%
Sugars	6 g	N/A	N/A
Lactose	2 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	12 g	54.55%	70.59%
Fat	22 g	78.57%	88%
Cholesterol	75 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	3 mg	27.27%	37.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Cuisines

Mexican Italian Middle Eastern

Course

Snacks Salads Sauces & Dressings Main Dishes Desserts Drinks Breads

Soups

Meal Type

Breakfast Lunch Dinner Snack

Nutritional Content

Low Calorie

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah

Difficulty Level

Easy

Visit our website: healthdor.com