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## 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

<b>250 g</b>	Pasta
<b>250 g</b>	Ground Beef
<b>2 tbsp</b>	taco seasoning
<b>1 c</b>	tomato sauce
<b>1 c</b>	Cheddar Cheese

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

## Directions

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### Step 1

Boiling

Cook the pasta according to package instructions.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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### Step 2

Stove

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

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### 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

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