



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Funk Meister Hard Taco ♦♦

A delicious hard taco recipe with black beans. This recipe is perfect for those who enjoy a flavorful and filling meal.

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

8 pieces	hard taco shells
400 g	Black Beans
500 g	Ground Beef
2 tbsp	taco seasoning
200 g	shredded cheese
100 g	lettuce

100 g	Tomatoes
100 g	sour cream
100 g	salsa

Directions

Step 1

Stove

Cook the ground beef in a skillet over medium heat until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add the taco seasoning and black beans to the skillet. Cook for an additional 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Oven

Warm the hard taco shells in the oven according to package instructions.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Fill each taco shell with the ground beef and black bean mixture.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Top with shredded cheese, lettuce, tomatoes, sour cream, and salsa.

Prep Time: 2 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	10 g	26.32%	40%
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	5 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)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	3 mg	20%	20%
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	500 mg	14.71%	19.23%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Mexican

American

Course

Side Dishes

Snacks

Sauces & Dressings

Diet

Low FODMAP Diet

Pescatarian Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Fast Metabolism Diet

The Scarsdale Diet

The Beverly Hills Diet

The Rice Diet

The F-Plan Diet

The Israeli Army Diet

The Ice Cream Diet

The HCG Diet

The Starch Solution Diet

The Vertical Diet

The Dr. Sebi Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com