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Crispy Beef Taco ♦♦

The Crispy Beef Taco is a delicious Mexican dish that is enjoyed by people all over the world. It consists of a crispy tortilla shell filled with seasoned ground beef, lettuce, cheese, tomatoes, and other toppings. This recipe is perfect for a quick and easy dinner or for entertaining guests. The combination of flavors and textures makes it a crowd-pleasing dish that everyone will love.

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	taco shells
100 g	lettuce
100 g	Cheese

100 g	Tomatoes
50 g	Onions
50 g	sour cream
50 g	guacamole
50 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

Oven

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

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Cutting

Chop the lettuce, cheese, tomatoes, and onions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Assemble the tacos by filling each taco shell with a spoonful of ground beef, lettuce, cheese, tomatoes, onions, sour cream, guacamole, and salsa.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	10 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
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	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Cuisines

Mexican

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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