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Beef Taco

Beef taco is a popular Mexican dish made with seasoned beef, wrapped in a tortilla, and topped with various ingredients like cheese, lettuce, and salsa. It is a flavorful and satisfying meal that can be enjoyed 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 |
| 2 tbsp | taco seasoning |
| 8 pieces | tortillas |
| 2 c | lettuce |

| | |
|-------------|----------|
| 2 pieces | Tomatoes |
|-------------|----------|

| | |
|-----|--------|
| 1 c | Cheese |
|-----|--------|

| | |
|-----|-------|
| 1 c | salsa |
|-----|-------|

Directions

Step 1

Stove

In a skillet, cook the ground beef over medium heat until browned. Drain excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add taco seasoning and water according to package instructions. Simmer for 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Stove, microwave

Warm tortillas in a dry skillet or microwave.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Assemble tacos by placing a spoonful of beef on each tortilla. Top with lettuce, tomatoes, cheese, and salsa.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 15 g | 88.24% | 88.24% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 15 g | 27.27% | 30% |
| Fibers | 2 g | 5.26% | 8% |
| 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 | 8 g | 36.36% | 47.06% |
| Fat | 20 g | 71.43% | 80% |
| Cholesterol | 40 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 | 6 mg | 6.67% | 8% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 15 mcg | 625% | 625% |
| 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 | 10 mg | 1% | 1% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 300 mg | 8.82% | 11.54% |
| Zinc | 10 mg | 90.91% | 125% |
| Selenium | 20 mcg | 36.36% | 36.36% |

Recipe Attributes

Cuisines

Mexican

Kitchen Tools

Slow Cooker

Blender

Events

Picnic

Course

Main Dishes

Salads

Sauces & Dressings

Cultural

Passover

Cost

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

The Whole30 Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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