

**All Recipes** 

Al Recipe Builder

**Similar Recipes** 

## Spicy Loaded Nacho Taco \*

The Spicy Loaded Nacho Taco is a delicious and flavorful taco filled with spicy seasoned ground beef, melted cheese, and all your favorite nacho toppings. It's perfect for a quick and satisfying meal or a fun party snack. This recipe is not suitable for vegans or vegetarians.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 10 mins Total Time: 25 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

## **Ingredients**

400 g	Ground Beef
20 g	taco seasoning
200 g	Tortillas
100 g	Shredded Cheese
50 g	Sour cream

100 g	Tomatoes
50 g	lettuce
30 g	pickled jalapenos

### **Directions**

#### Step 1

Stove

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

Prep Time: 5 mins

Cook Time: 10 mins

### Step 2

Stove

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

Prep Time: 2 mins

Cook Time: 5 mins

### Step 3

Stove, microwave

Warm the tortillas in a dry skillet or microwave.

Prep Time: 1 mins

Cook Time: 1 mins

### Step 4

Assemble the tacos by adding the cooked ground beef, shredded cheese, sour cream, tomatoes, lettuce, and pickled jalapenos to each tortilla.

Prep Time: 2 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 450 kcal

**Fat:** 20 g

Protein: 30 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

### **Minerals**

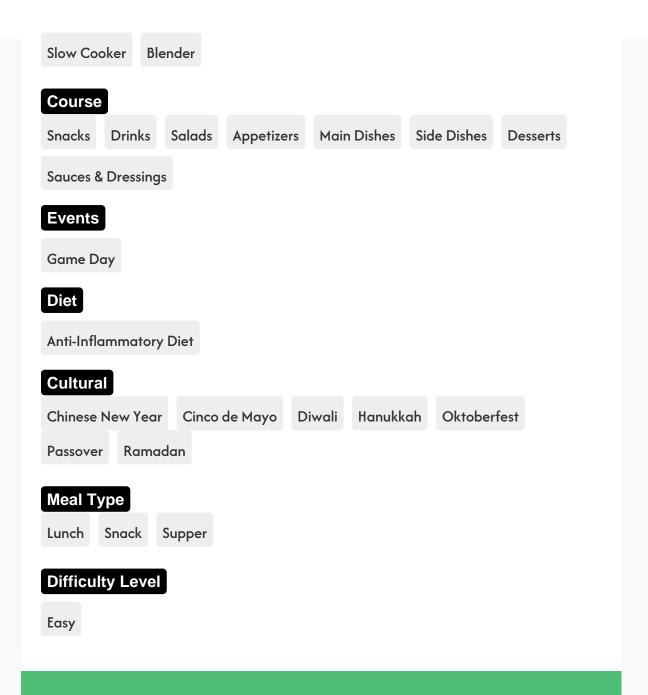
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

# **Recipe Attributes**

Cuisines

Mexican

Kitchen Tools



Visit our website: healthdor.com