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## 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

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### Step 1

Stove

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

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### 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

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### Step 3

Stove, microwave

Warm the tortillas in a dry skillet or microwave.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## 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

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## Nutrition Facts

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**Calories:** 450 kcal

**Fat:** 20 g

**Protein:** 30 g

**Carbohydrates:** 30 g

## Nutrition Facts

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### 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**

Slow Cooker

Blender

## Course

Snacks

Drinks

Salads

Appetizers

Main Dishes

Side Dishes

Desserts

Sauces & Dressings

## Events

Game Day

## Diet

Anti-Inflammatory Diet

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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