



A Nutrition Resource



CREATE YOUR OWN TACOS

Yield: 4 Servings | Serving Size: 2 tacos

Cost/Serving: \$2.34

Ingredients:

Shell/Tortilla

- Taco shells
- Corn tortillas
- Whole wheat tortillas
- Tortilla chips

Protein

- Lean ground beef or Basic Meat Mix
- Ground turkey
- Refried beans (or refried black beans)
- Cooked black beans (or canned, drained, and rinsed)
- Cooked pinto beans (or canned, drained, and rinsed)

Vegetables

- Tomatoes
- Lettuce
- Onions
- Green peppers
- Zucchini
- Mushrooms
- Avocado

Extra

- Cheese
- Sour cream
- Taco sauce
- Hot sauce
- Salsa
- Olives

Spices

- Paprika

Nutrition Facts

4 servings per container

Serving size 2 tacos (250g)

Amount per serving

Calories 290

% Daily Value*

Total Fat 11g 14%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 320mg 14%

Total Carbohydrate 18g 7%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 32g

Vitamin D 0mcg 0%

Calcium 131mg 10%

Iron 2mg 10%

Potassium 216mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Cumin
Chili powder
Red pepper flakes

Directions:

- 1) Warm taco shells or tortillas in a 350°F oven for 5 minutes.
- 2) Cook the meat or warm the beans. Stir in spices.
- 3) Prepare vegetables and extras (chop the tomatoes, shred the lettuce, etc.). You may want to lightly sauté some of the vegetables.
- 4) Let each family member choose from the ingredients available. Choose a shell/tortilla, protein, lots of vegetables, and a little bit of the 'extras'.

Variation: Use tortilla chips and create a taco salad instead of regular tacos.

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