



A Nutrition Resource

# BASIC MEAT MIX TACOS

**Yield: 4 Servings | Serving Size: 2 tacos**

**Cost/Serving: \$2.10**

## Ingredients:

- 1 package BASIC MEAT MIX, thawed
- 1 teaspoon chili powder
- 1/4 teaspoon cumin
- 8 (5-inch) hard taco shells
- 1 cup shredded lettuce
- 1 tomato, chopped
- 1/4 cup olives, sliced
- 1/3 cup green peppers, chopped
- Other taco toppings, as desired (optional)

## Directions:

- 1) Mix thawed meat, chili powder, and cumin
- 2) Heat thoroughly. Spread into a taco shell.
- 3) Top with lettuce, tomatoes, olives, and green pepper. Add other toppings as desired, if using. Repeat with remaining taco shells.

## Nutrition Facts

4 servings per container

Serving size 2 tacos (221g)

Amount per serving

**Calories 190**

% Daily Value\*

Total Fat 9g 12%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 110mg 5%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein 8g**

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2mg 10%

Potassium 451mg 10%

\*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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