



Tacos

Servings: 1
Serving Size: 1 taco

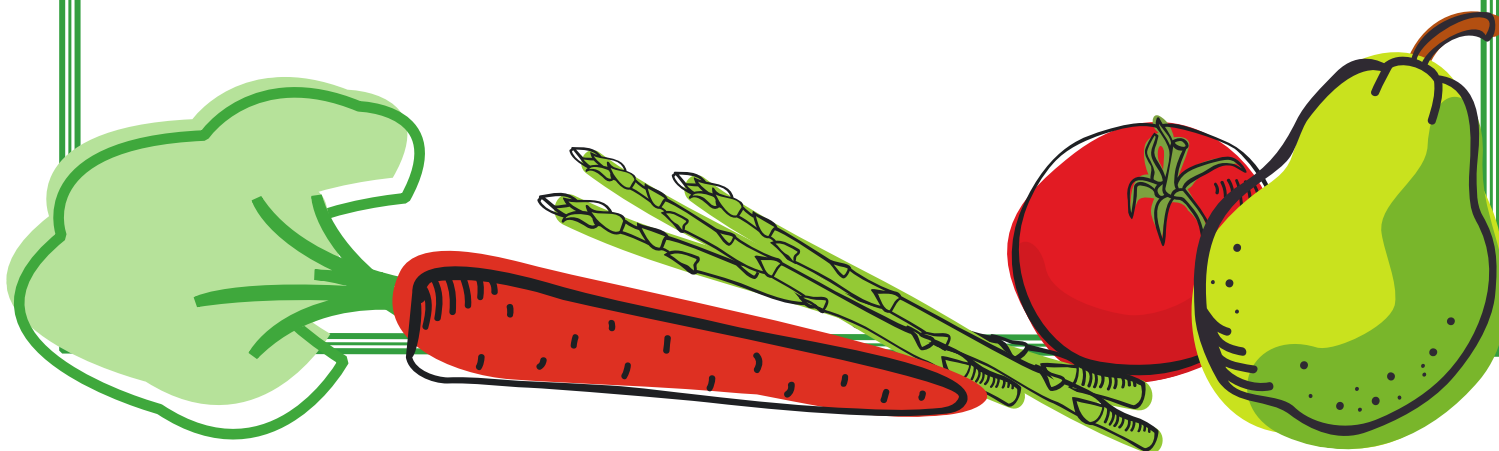
Ingredients:

- 1 Miniature taco shell
- ¼ cup can vegetarian refried beans
- ¼ cup lettuce, washed and shredded
- ½ tomato, washed and chopped
- ¼ cup Low- Fat cheddar or Monterey jack cheese
- 3 Tablespoons mild taco sauce, optional

Directions:

1. Heat the taco shell according to package directions while preparing the filling.
2. Place on a serving plate. Combine the refried beans in a small saucepan with 1/4 cup water.
3. Stir together and cook until warmed through. Transfer all or part of the warmed beans to a serving bowl.
4. Arrange the lettuce, tomatoes, and cheese in individual small serving bowls or in small mounds on a platter.
5. Fill taco with refried beans, then some lettuce, tomatoes, and cheese. Top taco with a little sauce if desired.

Nutrition Facts	
Serving Size 1 Taco (221g)	
Servings Per Container 1	
Amount Per Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 1g	
Cholesterol 5mg	2%
Sodium 770mg	32%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 11g	
Vitamin A 4%	• Vitamin C 20%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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