



Avocado Tacos



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 avocados pitted peeled mashed
- ☐ 12 6-inch corn tortillas
- ☐ 1 bunch cilantro leaves fresh finely chopped
- ☐ 0.3 teaspoon garlic salt
- ☐ 6 servings jalapeno pepper sauce to taste
- ☐ 0.3 cup onions diced

Equipment

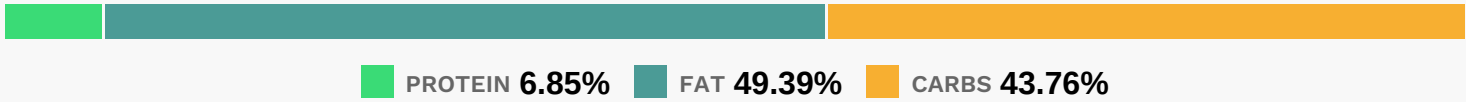
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In a medium bowl, mix avocados, onions, and garlic salt.
- ☐ Arrange corn tortillas in a single layer on a large baking sheet, and place in the preheated oven 2 to 5 minutes, until heated through.
- ☐ Spread tortillas with the avocado mixture.
- ☐ Garnish with cilantro and sprinkle with jalapeno pepper sauce.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:10.93, Inflammation Score:-6, Nutrition Score:12.893478269162%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 277.14kcal (13.86%), Fat: 16.27g (25.03%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 22.28g (8.1%), Sugar: 1.42g (1.57%), Cholesterol: 0mg (0%), Sodium: 130.85mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.15%), Fiber: 10.16g (40.64%), Vitamin K: 25.27µg (24.06%), Phosphorus: 218.12mg (21.81%), Folate: 86.1µg (21.53%), Vitamin B6: 0.38mg (19.12%), Potassium: 600.99mg (17.17%), Magnesium: 67.61mg (16.9%), Manganese: 0.33mg (16.34%), Vitamin E: 2.26mg (15.07%), Vitamin B5: 1.47mg (14.69%), Copper: 0.28mg (13.84%), Vitamin C: 10.98mg (13.31%), Vitamin B3: 2.55mg (12.76%), Vitamin B2: 0.17mg (9.91%), Zinc: 1.34mg (8.95%), Vitamin B1: 0.12mg (8.01%), Iron: 1.23mg (6.84%), Calcium: 56.67mg (5.67%), Selenium: 3.62µg (5.17%), Vitamin A: 238.04IU (4.76%)