

# Avocado Tacos

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



391 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

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

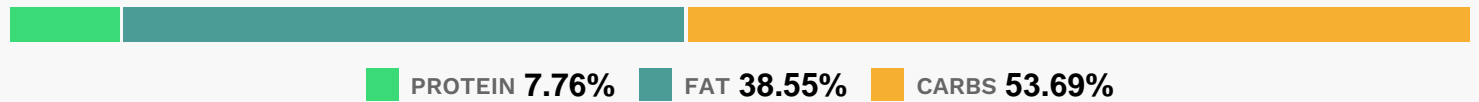
## Equipment

- 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:33.33, Glycemic Load:20.99, Inflammation Score:-6, Nutrition Score:16.715652196304%

## 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: 390.5kcal (19.53%), Fat: 17.75g (27.31%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 55.63g (18.54%), Net Carbohydrates: 42.19g (15.34%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 154.25mg (6.71%), Alcohol: 0g (100%), Protein: 8.04g (16.08%), Fiber: 13.44g (53.75%), Phosphorus: 381.4mg (38.14%), Magnesium: 105.05mg (26.26%), Manganese: 0.5mg (24.82%), Vitamin B6: 0.5mg (24.81%), Vitamin K: 25.27µg (24.06%), Folate: 88.7µg (22.18%), Potassium: 697.71mg (19.93%), Copper: 0.36mg (17.84%), Vitamin B3: 3.33mg (16.66%), Vitamin E: 2.41mg (16.04%), Vitamin B5: 1.53mg (15.25%), Zinc: 2.02mg (13.49%), Vitamin C: 10.98mg (13.31%), Vitamin B2: 0.2mg (11.9%), Vitamin B1: 0.17mg (11.27%), Iron: 1.87mg (10.39%), Calcium: 98.79mg (9.88%), Selenium: 6.79µg (9.7%), Vitamin A: 239.08IU (4.78%)