



## Baked Avocado Tacos

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 avocados peeled cut into 8 pieces each
- 1.5 cups cabbage divided chopped
- 1 pinch cayenne pepper
- 32 cherry tomatoes halved
- 1 tablespoon chili powder
- 16 6-inch corn tortillas ()
- 2 eggs
- 2 cups flour all-purpose

- 0.5 teaspoon garlic minced
- 1.5 teaspoons garlic salt
- 2 teaspoons ground cumin
- 0.5 cup mild cheddar cheese shredded
- 1 cup milk
- 1.5 teaspoons onion powder
- 2 teaspoons paprika

## Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- baking pan
- microwave

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Spray a 9x13-inch baking dish with cooking spray.
- Whisk flour, chili powder, paprika, cumin, onion powder, garlic salt, and cayenne pepper together in a bowl.
- Beat milk, eggs, and garlic together in a separate bowl until smooth.
- Dip each slice of avocado into flour mixture. Dip the avocado slice into the egg mixture, letting the excess egg drip back into the egg bowl, then dip the slice back into flour mixture. Repeat with remaining avocado slices.
- Arrange coated avocado slices in the prepared baking dish. Spray the tops of the slices with more cooking spray.
- Bake in the preheated oven until the coating is browned, about 20 minutes. Check for doneness after 15 minutes; rotate the pan once during baking if slices are browning unevenly.

- Stack corn tortillas on a microwave-safe dish with a piece of parchment paper between each tortilla.
- Heat in the microwave until hot and pliable, about 1 minute.
- Place a heated tortilla onto a work surface; top with chopped cabbage.
- Place an avocado slice on the cabbage; top taco with cherry tomato halves and shredded Cheddar cheese. Repeat with remaining ingredients.
- For extra flavor, top each taco with a dollop of taco sauce and sour cream.

## Nutrition Facts



### Properties

Glycemic Index:22.28, Glycemic Load:14.25, Inflammation Score:-6, Nutrition Score:10.257391297299%

### Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

### Nutrients (% of daily need)

Calories: 196.79kcal (9.84%), Fat: 7.01g (10.78%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 24.46g (8.89%), Sugar: 2.34g (2.6%), Cholesterol: 25.82mg (8.61%), Sodium: 282.35mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Fiber: 4.47g (17.86%), Phosphorus: 169.57mg (16.96%), Vitamin C: 12.77mg (15.48%), Folate: 61.23µg (15.31%), Manganese: 0.3mg (15.06%), Selenium: 10.32µg (14.75%), Vitamin B1: 0.2mg (13.11%), Vitamin B2: 0.21mg (12.21%), Vitamin K: 12.17µg (11.59%), Vitamin A: 576.85IU (11.54%), Iron: 1.86mg (10.35%), Vitamin B3: 2.06mg (10.32%), Vitamin B6: 0.2mg (10.2%), Magnesium: 39.09mg (9.77%), Potassium: 327.71mg (9.36%), Calcium: 85.17mg (8.52%), Vitamin E: 1.17mg (7.79%), Copper: 0.15mg (7.64%), Vitamin B5: 0.67mg (6.72%), Zinc: 0.99mg (6.58%), Vitamin B12: 0.17µg (2.81%), Vitamin D: 0.3µg (1.99%)