

Beef Carnitas Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup avocado diced peeled
- ☐ 2 cups beef carnitas
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 6-inch corn tortillas ()
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 lime cut into 8 wedges
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup onion chopped

- ☐ 2 cups plum tomatoes chopped (2 medium)
- ☐ 0.1 teaspoon salt

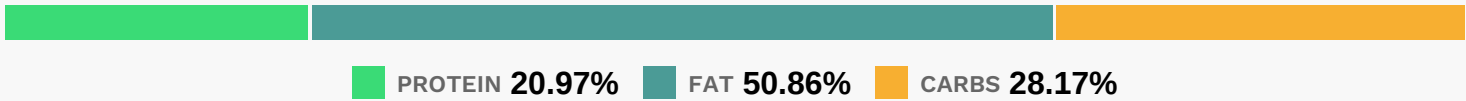
Equipment

- ☐ bowl

Directions

- ☐ Combine first 7 ingredients in a medium bowl; toss well. Warm tortillas according to package directions. Spoon 1/4 cup Beef Carnitas onto each tortilla; top each with about 3 tablespoons avocado mixture. Fold in half; serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:62.88, Glycemic Load:12.03, Inflammation Score:-8, Nutrition Score:19.53391294894%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 446.9kcal (22.35%), Fat: 25.65g (39.46%), Saturated Fat: 9.11g (56.94%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 25.9g (9.42%), Sugar: 4.54g (5.05%), Cholesterol: 79.88mg (26.63%), Sodium: 179.07mg (7.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.6%), Vitamin B12: 2.41µg (40.13%), Phosphorus: 381.9mg (38.19%), Zinc: 5.69mg (37.94%), Vitamin B3: 6.46mg (32.29%), Vitamin B6: 0.62mg (31.05%), Vitamin C: 24.18mg (29.31%), Selenium: 20.23µg (28.9%), Fiber: 6.06g (24.22%), Potassium: 769.12mg (21.97%), Vitamin A: 1024.47IU (20.49%), Magnesium: 75.1mg (18.77%), Iron: 3.34mg (18.53%), Manganese: 0.36mg (17.86%), Vitamin B2: 0.24mg (14.29%), Vitamin K: 14.24µg (13.56%), Copper: 0.25mg (12.74%), Vitamin B1: 0.16mg (10.64%),

Folate: 40.2μg (10.05%), Vitamin E: 1.49mg (9.95%), Vitamin B5: 0.92mg (9.16%), Calcium: 84.9mg (8.49%)