



## Belizean Garnaches

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



237 kcal

SIDE DISH

### Ingredients

- 2 Tbsp heinz apple cider vinegar
- 19 oz kidney beans red rinsed canned
- 2 carrots shredded
- 10 4-inch corn tortillas ()
- 4 oz philadelphia cream cheese cubed ()
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 3 Tbsp parmesan cheese grated kraft
- 2 cups planters peanut oil

2.5 cups cabbage shredded red

## Equipment

frying pan

paper towels

## Directions

Heat oil to 350F in large skillet.

Add tortillas, in batches; cook 1 to 2 min. or until crisp.

Drain on paper towels.

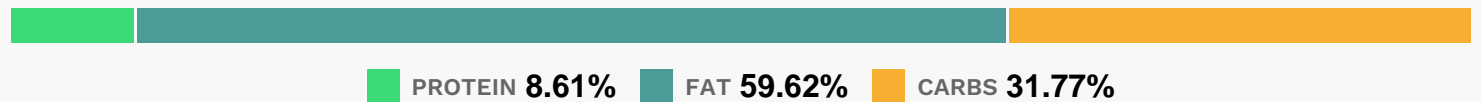
Mix 1/4 cup dressing, cabbage, carrots and vinegar.

Combine beans and remaining dressing in medium skillet, mashing beans slightly. Cook on medium heat 10 min., stirring frequently.

Add cream cheese; cook and stir until melted.

Spread bean mixture onto tortillas; top with cabbage mixture and Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:24.83, Glycemic Load:6.32, Inflammation Score:-9, Nutrition Score:9.5591304323272%

## Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 237.26kcal (11.86%), Fat: 16.1g (24.77%), Saturated Fat: 4.44g (27.76%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 14.76g (5.37%), Sugar: 4.26g (4.73%), Cholesterol: 12.76mg (4.25%), Sodium: 337.3mg (14.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin A: 2456.22IU (49.12%), Vitamin K: 19.22µg (18.31%), Fiber: 4.55g (18.18%), Vitamin C: 13.88mg (16.82%), Manganese: 0.29mg (14.37%), Phosphorus:

135.65mg (13.56%), Vitamin E: 1.87mg (12.49%), Magnesium: 33.55mg (8.39%), Potassium: 288.97mg (8.26%),  
Vitamin B6: 0.15mg (7.61%), Calcium: 66.99mg (6.7%), Vitamin B1: 0.1mg (6.53%), Iron: 1.12mg (6.21%), Vitamin B2:  
0.1mg (5.82%), Copper: 0.12mg (5.76%), Folate: 22.14µg (5.53%), Zinc: 0.73mg (4.85%), Selenium: 3.33µg (4.76%),  
Vitamin B3: 0.72mg (3.58%), Vitamin B5: 0.22mg (2.21%)