



Black Bean and Corn Grilled Tacos

READY IN



15 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 ounces black beans rinsed drained
- 15.5 ounces corn kernels sweet drained
- 1 tablespoon penzey's southwest seasoning
- 11 oz flour tortilla for burritos (8 count)
- 1 avocado pitted sliced
- 1 cup mexican cheese blend shredded

Equipment

- bowl

frying pan

grill

Directions

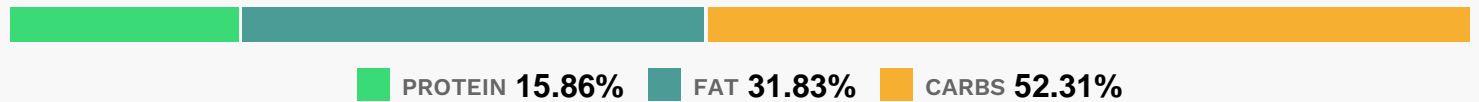
Into a medium bowl add: beans, corn and seasoning.

Mix to combine. Set aside.

Preheat a grilling pan lightly sprayed with non-stick cooking-spray. When hot, place tortilla onto pan and cook for approximately 1 minute per side until grill marks appear. Continue until all tortillas are grilled.

Equally distribute bean/corn mixture between tortillas. Top with avocado slices and cheese.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:11.69, Inflammation Score:-7, Nutrition Score:20.764347848685%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 431.74kcal (21.59%), Fat: 15.79g (24.29%), Saturated Fat: 5.72g (35.77%), Carbohydrates: 58.4g (19.47%), Net Carbohydrates: 45.45g (16.53%), Sugar: 5.73g (6.37%), Cholesterol: 17.73mg (5.91%), Sodium: 649.66mg (28.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.41%), Folate: 220.48µg (55.12%), Fiber: 12.95g (51.79%), Manganese: 0.84mg (42%), Phosphorus: 346.11mg (34.61%), Vitamin B1: 0.5mg (33.22%), Iron: 4.82mg (26.8%), Calcium: 264.24mg (26.42%), Vitamin K: 26.57µg (25.3%), Magnesium: 93.26mg (23.31%), Selenium: 15.95µg (22.79%), Vitamin B2: 0.37mg (21.82%), Vitamin B3: 4.12mg (20.59%), Potassium: 631.02mg (18.03%), Copper: 0.32mg (15.76%), Zinc: 2.17mg (14.48%), Vitamin B6: 0.23mg (11.58%), Vitamin B5: 1.06mg (10.57%), Vitamin E: 1.26mg (8.37%), Vitamin C: 4.58mg (5.55%), Vitamin A: 251.19IU (5.02%), Vitamin B12: 0.23µg (3.83%)