



Black Bean and Corn Grilled Tacos

READY IN



15 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted sliced
- 15.5 ounces black beans rinsed drained
- 15.5 ounces corn kernels sweet drained
- 6 flour tortilla
- 1 cup mexican cheese blend shredded
- 1 tablespoon penzey's southwest seasoning

Equipment

- bowl

frying pan

grill

Directions

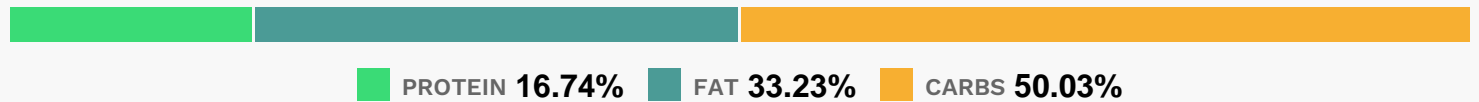
Into a medium bowl add: beans, corn and seasoning.

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:8.26, Inflammation Score:-7, Nutrition Score:18.367826155994%

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: 364.5kcal (18.22%), Fat: 14.04g (21.59%), Saturated Fat: 5.08g (31.76%), Carbohydrates: 47.54g (15.85%), Net Carbohydrates: 35.36g (12.86%), Sugar: 4.92g (5.46%), Cholesterol: 17.73mg (5.91%), Sodium: 487.93mg (21.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.81%), Folate: 199.82µg (49.96%), Fiber: 12.18g (48.71%), Manganese: 0.73mg (36.58%), Phosphorus: 300.85mg (30.08%), Vitamin B1: 0.39mg (25.85%), Vitamin K: 24.98µg (23.79%), Calcium: 232.16mg (23.22%), Iron: 4.03mg (22.37%), Magnesium: 88.42mg (22.11%), Vitamin B2: 0.31mg (18.17%), Potassium: 603.55mg (17.24%), Selenium: 11.05µg (15.79%), Vitamin B3: 3.15mg (15.73%), Copper: 0.29mg (14.62%), Zinc: 2.06mg (13.71%), Vitamin B6: 0.22mg (10.93%), Vitamin B5: 1.02mg (10.21%), Vitamin E: 1.26mg (8.37%), Vitamin C: 4.58mg (5.55%), Vitamin A: 251.19IU (5.02%), Vitamin B12: 0.23µg (3.83%)