



HEALTH SCORE

62%

Black Bean, Corn and Quinoa Picadillo Tacos



Vegetarian



Very Healthy



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



1096 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large avocados diced
- ☐ 4 cups black bean (see below)
- ☐ 15 ounce black beans canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 2 tablespoons capers drained
- ☐ 1 tablespoon cider vinegar
- ☐ 0.3 cup cilantro leaves
- ☐ 0.3 teaspoon cinnamon

- ☐ 1 cup regular corn (- 2 ears)
- ☐ 12 small corn tortillas toasted
- ☐ 0.3 cup cotija crumbled
- ☐ 1 teaspoon cumin toasted
- ☐ 4 cloves garlic chopped
- ☐ 1 jalapeño diced finely
- ☐ 1 tablespoon oil
- ☐ 0.3 cup onion diced
- ☐ 1 onion diced
- ☐ 1 teaspoon oregano
- ☐ 0.3 cup pimento stuffed olives cut into 3 slices
- ☐ 1 cup quinoa
- ☐ 0.3 cup raisins
- ☐ 1 bell pepper green red
- ☐ 4 servings salt to taste
- ☐ 1.8 cup water

Equipment

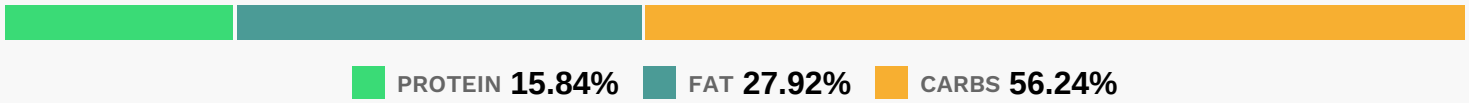
- ☐ frying pan

Directions

- ☐ Assemble the tacos and enjoy! Bring the quinoa and water to a boil, reduce the heat and simmer covered until the water is absorbed and the quinoa is tender, about 15 minutes. Meanwhile, heat the oil in a pan over medium-high heat, add the onions and bell pepper and cook until tender, about 7-10 minutes.
- ☐ Add the jalapeño, garlic and cumin and cook until fragrant, about 1 minutes.
- ☐ Add the beans, tomatoes, oregano, cinnamon, olives, raisins and capers, bring to a boil, reduce the heat and simmer for 15 minutes.
- ☐ Add the corn and cook for another 5 minutes

- ☐
- Season with salt, pepper and cayenne to taste, mix in the vinegar and cilantro and remove from heat.
- ☐
- Serve the picadillo on the quinoa or mix it all up.

Nutrition Facts



Properties

Glycemic Index:128.7, Glycemic Load:27.29, Inflammation Score:-10, Nutrition Score:46.211304322533%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg

Nutrients (% of daily need)

Calories: 1096.31kcal (54.82%), Fat: 35.45g (54.53%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 160.69g (53.56%), Net Carbohydrates: 118.95g (43.26%), Sugar: 37.64g (41.82%), Cholesterol: 8.34mg (2.78%), Sodium: 1006.39mg (43.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.26g (90.52%), Fiber: 41.73g (166.94%), Manganese: 2.05mg (102.64%), Phosphorus: 741.41mg (74.14%), Iron: 13.27mg (73.71%), Vitamin C: 59.11mg (71.65%), Folate: 270.68µg (67.67%), Magnesium: 260.35mg (65.09%), Vitamin B6: 1.19mg (59.52%), Copper: 1.12mg (55.88%), Potassium: 1873.07mg (53.52%), Vitamin E: 6.77mg (45.13%), Vitamin B1: 0.64mg (42.57%), Vitamin K: 41.63µg (39.65%), Vitamin B2: 0.67mg (39.52%), Vitamin B3: 6.9mg (34.51%), Vitamin A: 1641.34IU (32.83%), Zinc: 4.63mg (30.89%), Vitamin B5: 2.82mg (28.19%), Calcium: 264.27mg (26.43%), Selenium: 13.35µg (19.07%), Vitamin B12: 0.16µg (2.64%)