



Black Bean Tacos



Vegetarian



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



2

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce no-salt-added black beans rinsed drained canned
- ☐ 1 cup carrots grated
- ☐ 6 6-inch corn tortillas
- ☐ 2 cups romaine lettuce shredded
- ☐ 0.3 cup salsa
- ☐ 6 tablespoons cheddar cheese shredded

Equipment

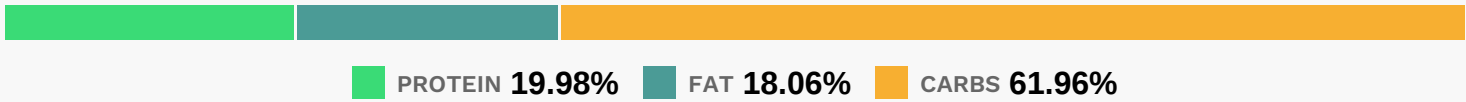
- ☐ frying pan

☐ microwave

Directions

- ☐ Microwave beans at HIGH 2 minutes or until heated through.
- ☐ Heat a nonstick skillet over medium heat.
- ☐ Add tortillas, one at a time; cook 1 minute on each side.
- ☐ Divide beans evenly among tortillas. Top with even amounts of cheese, lettuce, carrot, and salsa.
- ☐ Carb Star: Beans 5 to 8 grams of Resistant Starch per serving Nearly half of the starch in beans comes from Resistant Starch, making them a powerful weight-loss ally. They are also an incredibly rich source of fiber, providing 15 grams per cup. It's no wonder that a Canadian study of 1,475 men and women found that those who consumed beans regularly tended to weigh less and have a smaller waist circumference than those who did not eat them. They were also 23 percent less likely to become overweight over time.

Nutrition Facts



Properties

Glycemic Index:77.17, Glycemic Load:26.86, Inflammation Score:-10, Nutrition Score:38.627826110176%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 598.4kcal (29.92%), Fat: 12.4g (19.07%), Saturated Fat: 5.59g (34.94%), Carbohydrates: 95.69g (31.9%), Net Carbohydrates: 68.91g (25.06%), Sugar: 5.6g (6.22%), Cholesterol: 25.5mg (8.5%), Sodium: 465.12mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.87g (61.73%), Vitamin A: 15211.37IU (304.23%), Fiber: 26.78g (107.1%), Folate: 403.44µg (100.86%), Phosphorus: 706.28mg (70.63%), Manganese: 1.4mg (70.1%), Magnesium: 231.01mg (57.75%), Vitamin K: 58.6µg (55.81%), Vitamin B1: 0.69mg (45.8%), Potassium: 1324.26mg (37.84%), Iron: 6.25mg (34.72%), Calcium: 346.6mg (34.66%), Copper: 0.65mg (32.27%), Zinc: 4.67mg (31.1%), Vitamin B6: 0.52mg (25.77%), Vitamin B2: 0.37mg (21.62%), Selenium: 15.07µg (21.53%), Vitamin B3: 3.4mg (16.99%), Vitamin B5: 1.01mg (10.12%), Vitamin E: 1.29mg (8.6%), Vitamin C: 6.27mg (7.6%), Vitamin B12: 0.27µg (4.51%), Vitamin D: 0.15µg (1.02%)