



## Black Bean Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 15 ounce black beans undrained canned
- ☐ 1 tablespoon sherry dry
- ☐ 2 garlic clove minced
- ☐ 1 jalapeno minced seeded
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 2 cups the of 1 cos lettuce shredded
- ☐ 6 servings salsa
- ☐ 8 ounce gluten finely chopped (wheat gluten)
- ☐ 12 taco shells

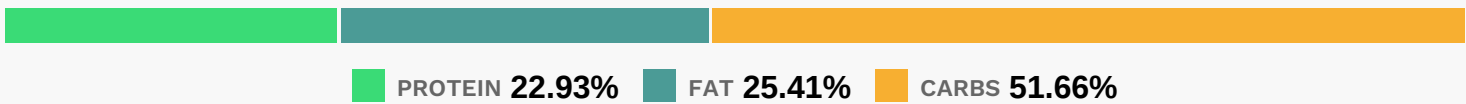
## Equipment

- ☐ frying pan

## Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion, oregano, garlic, and jalapeo; cook 8 minutes, stirring frequently. Stir in sherry, soy sauce, beans, and seitan; bring to a boil. Cook 7 minutes or until liquid almost evaporates.
- ☐ Sprinkle with black pepper.
- ☐ Prepare taco shells according to package directions. Spoon about 1/3 cup bean mixture into each shell; top each taco with about 2 1/2 tablespoons lettuce and about 2 1/2 tablespoons Avocado Salsa.
- ☐ (Totals include Avocado Salsa)

## Nutrition Facts



## Properties

Glycemic Index:34.83, Glycemic Load:9.84, Inflammation Score:-9, Nutrition Score:11.867391254591%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 257.13kcal (12.86%), Fat: 7.38g (11.35%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 25.34g (9.22%), Sugar: 2.77g (3.07%), Cholesterol: 0mg (0%), Sodium: 827.32mg (35.97%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 14.98g (29.97%), Fiber: 8.41g (33.66%), Vitamin A: 1554.47IU (31.09%), Manganese: 0.45mg (22.55%), Folate: 88.46µg (22.12%), Vitamin K: 22.12µg (21.06%), Phosphorus: 160.73mg (16.07%), Iron: 2.7mg (14.97%), Magnesium: 57.14mg (14.29%), Potassium: 449.47mg (12.84%), Vitamin B1: 0.19mg (12.49%), Vitamin B6: 0.21mg (10.48%), Copper: 0.21mg (10.4%), Vitamin C: 7.71mg (9.35%), Vitamin B2: 0.14mg (8.3%), Calcium: 74.06mg (7.41%), Vitamin B3: 1.4mg (6.99%), Zinc: 0.95mg (6.32%), Vitamin E: 0.9mg (6%), Selenium: 2.71µg (3.87%), Vitamin B5: 0.27mg (2.69%)