



## Black Bean Tacos



Vegetarian



Gluten Free



Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 15 ounce black beans 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

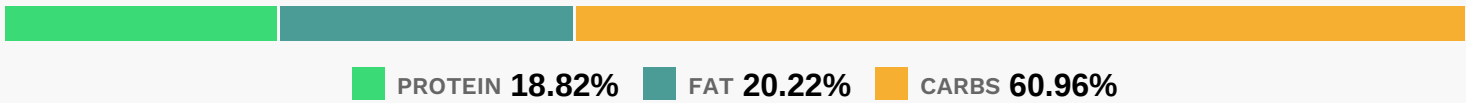
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microwave

## Directions

- ☐ Microwave beans on 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.

## Nutrition Facts



## Properties

Glycemic Index:62.17, Glycemic Load:17.29, Inflammation Score:-10, Nutrition Score:33.546956746475%

## 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: 511.22kcal (25.56%), Fat: 11.87g (18.26%), Saturated Fat: 5.45g (34.09%), Carbohydrates: 80.49g (26.83%), Net Carbohydrates: 57.54g (20.92%), Sugar: 5.6g (6.22%), Cholesterol: 25.5mg (8.5%), Sodium: 1279.46mg (55.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.7%), Vitamin A: 15207.11IU (304.14%), Fiber: 22.95g (91.8%), Phosphorus: 638.24mg (63.82%), Vitamin K: 58.6µg (55.81%), Folate: 216.33µg (54.08%), Manganese: 0.95mg (47.67%), Magnesium: 156.6mg (39.15%), Calcium: 363.61mg (36.36%), Potassium: 1224.33mg (34.98%), Iron: 5.82mg (32.36%), Vitamin B1: 0.47mg (31.06%), Copper: 0.61mg (30.46%), Vitamin B2: 0.5mg (29.25%), Vitamin B6: 0.49mg (24.28%), Zinc: 3.43mg (22.88%), Selenium: 15.28µg (21.83%), Vitamin B3: 3.64mg (18.21%), Vitamin C: 12.01mg (14.56%), Vitamin B5: 0.89mg (8.89%), Vitamin E: 1.29mg (8.6%), Vitamin B12: 0.27µg (4.51%), Vitamin D: 0.15µg (1.02%)