



Black Bean Tacos with Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2.5 cups black beans canned rinsed drained
- ☐ 1 tablespoon chili powder
- ☐ 8 small corn tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup corn frozen thawed
- ☐ 2 cloves garlic
- ☐ 1 small to 2 chilies slit diced green

- ☐ 2 juice of lime
- ☐ 1 teaspoon kosher salt divided
- ☐ 1 medium bell pepper red chopped
- ☐ 0.3 cup oats
- ☐ 2 spring onion chopped

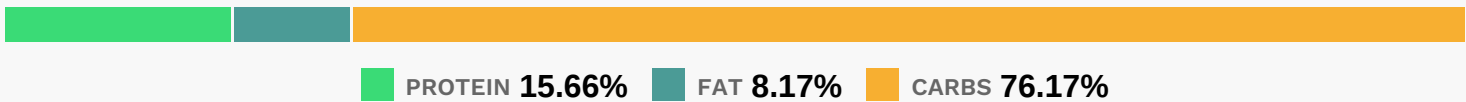
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°F. Coat a bakingsheet with cooking spray. Ina food processor, chop garlic.
- ☐ Add beans, oats, cornmeal, chilipowder, 3/4 teaspoon salt and 1/4 teaspoonblack pepper; process, stoppingonce or twice to scrape downsides, until mixture is combined,1 minute. Crumble bean mixturewith hands, sprinkle on preparedsheet, and coat with cookingspray.
- ☐ Bake until firm and crispon bottom, 10 to 15 minutes.Use a spoon to break up pieces,coat with cooking spray, andbake until crisp all over, 10 to15 minutes. Stack tortillasand wrap in foil; warm in oven5 minutes. In a bowl, combinecorn, bell pepper, chile, scallionsand remaining 1/4 teaspoon salt and1/4 teaspoon black pepper; sprinklewith lime juice. Divide beancrumble among tortillas; topwith corn salsa and cilantro.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:62.13, Glycemic Load:11.86, Inflammation Score:-9, Nutrition Score:20.918261009714%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 295.99kcal (14.8%), Fat: 2.86g (4.41%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 60.05g (20.02%), Net Carbohydrates: 45.66g (16.6%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 1093.41mg (47.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.69%), Vitamin C: 51.68mg (62.65%), Fiber: 14.39g (57.56%), Manganese: 0.81mg (40.57%), Phosphorus: 357.27mg (35.73%), Vitamin A: 1667.76IU (33.36%), Folate: 106.59µg (26.65%), Magnesium: 105.29mg (26.32%), Iron: 3.83mg (21.26%), Vitamin B6: 0.41mg (20.53%), Potassium: 717.99mg (20.51%), Vitamin B1: 0.3mg (19.82%), Vitamin K: 19.72µg (18.78%), Copper: 0.37mg (18.6%), Vitamin B2: 0.26mg (15.4%), Vitamin B3: 2.8mg (13.99%), Zinc: 1.96mg (13.05%), Calcium: 103.99mg (10.4%), Selenium: 7.09µg (10.13%), Vitamin E: 1.49mg (9.96%), Vitamin B5: 0.59mg (5.85%)