



Black Bean Tacos with Feta Slaw

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups angel hair pasta
- ☐ 15 ounce black beans divided drained canned (such as Bush's)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cilantro leaves
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 ounce feta cheese crumbled
- ☐ 2 teaspoons garlic fresh minced
- ☐ 2 spring onion thinly sliced
- ☐ 0.8 teaspoon ground cumin

- ☐ 0.5 jalapeno seeded chopped
- ☐ 1 tablespoon mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 1 bacon
- ☐ 1 cup onion white vertically sliced
- ☐ 1 tablespoon citrus champagne vinegar

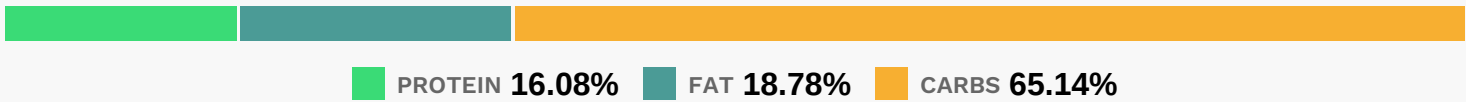
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat 2 minutes or until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add onion, garlic, and jalapeo to drippings in pan; cook 3 minutes or until onion is tender.
- ☐ Place onion mixture in a small bowl. Lightly mash 1 cup beans.
- ☐ Add mashed beans, cumin, salt, and remaining beans to pan; cook 2 minutes over medium heat or until thoroughly heated, stirring occasionally. Stir in bacon.
- ☐ Combine vinegar, mayonnaise, and black pepper in a large bowl, stirring with a whisk.
- ☐ Add coleslaw, cilantro, and green onions; toss to coat.
- ☐ Heat tortillas according to package directions. Divide bean mixture evenly among tortillas. Top evenly with onion mixture and coleslaw mixture.
- ☐ Sprinkle evenly with feta cheese.

Nutrition Facts



Properties

Glycemic Index:97.38, Glycemic Load:27.29, Inflammation Score:-8, Nutrition Score:21.695217400789%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg

Nutrients (% of daily need)

Calories: 496.25kcal (24.81%), Fat: 10.49g (16.15%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 81.89g (27.3%), Net Carbohydrates: 67.15g (24.42%), Sugar: 3.42g (3.8%), Cholesterol: 13.72mg (4.57%), Sodium: 338.94mg (14.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.21g (40.43%), Fiber: 14.74g (58.96%), Manganese: 1.11mg (55.57%), Folate: 182.83µg (45.71%), Selenium: 31.59µg (45.13%), Phosphorus: 439.99mg (44%), Magnesium: 142.03mg (35.51%), Vitamin B1: 0.41mg (27.11%), Copper: 0.45mg (22.54%), Iron: 3.95mg (21.94%), Vitamin K: 22.12µg (21.07%), Potassium: 681.05mg (19.46%), Zinc: 2.85mg (19.02%), Vitamin B6: 0.38mg (18.79%), Calcium: 135.84mg (13.58%), Vitamin B3: 2.53mg (12.64%), Vitamin B2: 0.21mg (12.26%), Vitamin C: 6.95mg (8.42%), Vitamin B5: 0.68mg (6.76%), Vitamin A: 195.48IU (3.91%), Vitamin E: 0.5mg (3.31%), Vitamin B12: 0.17µg (2.82%)