



BOCA Tacos

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp chili powder
- 6 6-inch flour tortillas ()
- 0.3 tsp ground cumin
- 0.8 cup taco bellâ® & chunky mild salsa thick
- 2 cups boca veggie ground crumbles frozen

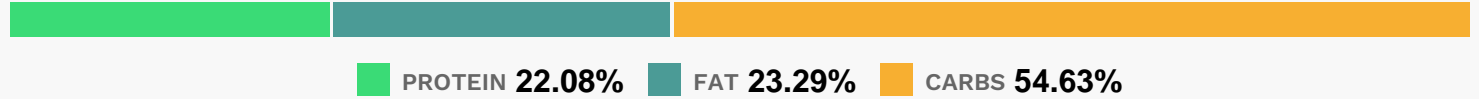
Equipment

- frying pan

Directions

- Cook all ingredients except tortillas in nonstick skillet on medium heat 8 to 10 min. or until crumbles are cooked through (160F), stirring occasionally.
- Spoon onto tortillas; roll up.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:4.68, Inflammation Score:-3, Nutrition Score:9.4630434875903%

Nutrients (% of daily need)

Calories: 140.16kcal (7.01%), Fat: 3.67g (5.65%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 16.41g (5.97%), Sugar: 2.66g (2.96%), Cholesterol: 0mg (0%), Sodium: 552.83mg (24.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.66%), Vitamin B12: 2.27µg (37.85%), Vitamin B1: 0.5mg (33.31%), Vitamin B3: 4.88mg (24.4%), Iron: 2.72mg (15.13%), Vitamin B6: 0.3mg (14.83%), Phosphorus: 127.95mg (12.8%), Fiber: 2.97g (11.88%), Selenium: 7.01µg (10.01%), Manganese: 0.19mg (9.48%), Vitamin B2: 0.15mg (8.72%), Folate: 29.54µg (7.38%), Calcium: 54.05mg (5.4%), Potassium: 176.75mg (5.05%), Vitamin A: 190.41IU (3.81%), Zinc: 0.53mg (3.56%), Vitamin K: 3.65µg (3.47%), Magnesium: 11.95mg (2.99%), Vitamin E: 0.44mg (2.95%), Copper: 0.05mg (2.71%), Vitamin B5: 0.12mg (1.16%)