



Caramelized Corn and Black Bean Tacos with Roast Zucchini Salsa and Roasted Poblano Crema



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



19 ounce black beans canned



4 servings cilantro leaves to taste



8 corn tortillas



1 batch roasted poblano crema



4 ears corn



2 cloves garlic chopped

- ☐ 1 jalapeno diced seeded finely
- ☐ 4 servings lime wedges to taste
- ☐ 1 tablespoon oil
- ☐ 1 small onion diced
- ☐ 4 servings queso fresco crumbled to taste
- ☐ 1 batch roast zucchini salsa
- ☐ 4 servings salt and pepper to taste

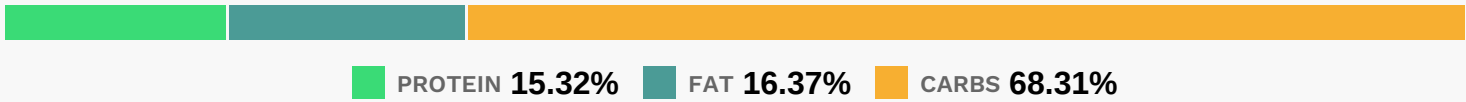
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a heavy bottomed pan over medium-high heat.
- ☐ Add the corn, toss and let it sit cooking until charred, mix it up and let it char again, about 6-10 minutes.
- ☐ Add the onion and jalapeno and saute until tender, about 2-3 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Mix in the black beans, remove from heat and season with salt and pepper. Assemble the tacos by topping the tortillas with the corn and black beans followed by the zucchini salsa, roasted poblano crema, queso fresco and cilantro and serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:50.88, Glycemic Load:10.62, Inflammation Score:-7, Nutrition Score:17.800434681384%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 358.32kcal (17.92%), Fat: 6.91g (10.62%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 64.85g (21.62%), Net Carbohydrates: 50.02g (18.19%), Sugar: 7.05g (7.83%), Cholesterol: 0.82mg (0.27%), Sodium: 759.09mg (33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.1%), Fiber: 14.83g (59.32%), Phosphorus: 401.25mg (40.13%), Manganese: 0.68mg (34.12%), Folate: 127.08µg (31.77%), Magnesium: 120.89mg (30.22%), Vitamin B1: 0.39mg (26.02%), Potassium: 798.23mg (22.81%), Iron: 3.75mg (20.83%), Copper: 0.4mg (20.08%), Vitamin C: 15.99mg (19.38%), Vitamin B3: 3.29mg (16.45%), Vitamin B6: 0.33mg (16.38%), Vitamin B2: 0.26mg (15.05%), Zinc: 1.9mg (12.69%), Calcium: 104.86mg (10.49%), Vitamin B5: 1mg (9.98%), Selenium: 5.98µg (8.54%), Vitamin E: 0.96mg (6.42%), Vitamin A: 230.57IU (4.61%), Vitamin K: 3.85µg (3.66%)