

Carne Asada Tacos



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



328 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

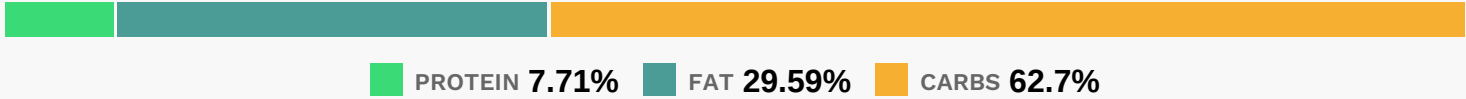
- ☐ 1 large avocado diced
- ☐ 0.5 cup cilantro leaves
- ☐ 12 small corn tortillas warmed
- ☐ 0.3 cup cotija crumbled
- ☐ 2 cups pico de gallo

Equipment

Directions

☐ Assemble tacos and enjoy!

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:15.56, Inflammation Score:-7, Nutrition Score:12.49782608903%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 328.44kcal (16.42%), Fat: 11.64g (17.9%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 55.46g (18.49%), Net Carbohydrates: 47.12g (17.13%), Sugar: 11.66g (12.96%), Cholesterol: 8.34mg (2.78%), Sodium: 943.71mg (41.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.65%), Fiber: 8.34g (33.35%), Phosphorus: 303.6mg (30.36%), Magnesium: 73.03mg (18.26%), Vitamin B6: 0.34mg (17.13%), Manganese: 0.34mg (16.84%), Vitamin K: 16.92µg (16.12%), Vitamin A: 781.55IU (15.63%), Vitamin C: 12.02mg (14.58%), Folate: 48.84µg (12.21%), Calcium: 116.77mg (11.68%), Vitamin B2: 0.2mg (11.67%), Potassium: 405.02mg (11.57%), Copper: 0.22mg (11.15%), Zinc: 1.62mg (10.82%), Vitamin B3: 2.16mg (10.8%), Selenium: 6.38µg (9.12%), Vitamin B5: 0.88mg (8.85%), Vitamin E: 1.33mg (8.84%), Vitamin B1: 0.12mg (8.18%), Iron: 1.33mg (7.4%), Vitamin B12: 0.16µg (2.64%)