



Carnitas Tacos



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

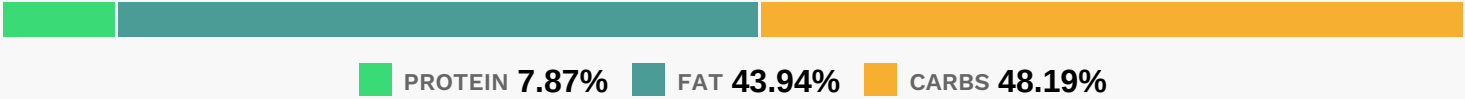
- ☐ 2 avocados sliced
- ☐ 0.3 cup cilantro leaves
- ☐ 12 small corn tortillas
- ☐ 0.3 cup cotija crumbled
- ☐ 0.5 cup pickled onions fresh sweet red
- ☐ 1 cup salsa verde

Equipment

Directions

☐ Assemble tacos and enjoy.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:16.34, Inflammation Score:-7, Nutrition Score:16.753043413162%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 390.47kcal (19.52%), Fat: 19.92g (30.64%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 49.16g (16.39%), Net Carbohydrates: 37.14g (13.51%), Sugar: 5.74g (6.38%), Cholesterol: 8.34mg (2.78%), Sodium: 556.51mg (24.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Fiber: 12.02g (48.06%), Phosphorus: 335.05mg (33.51%), Vitamin B6: 0.49mg (24.72%), Vitamin K: 24.45µg (23.29%), Folate: 92.72µg (23.18%), Potassium: 787.42mg (22.5%), Magnesium: 89.35mg (22.34%), Manganese: 0.43mg (21.48%), Vitamin C: 13.95mg (16.91%), Copper: 0.32mg (16.21%), Vitamin B5: 1.6mg (16.02%), Vitamin B2: 0.27mg (15.73%), Vitamin E: 2.34mg (15.63%), Vitamin B3: 3.05mg (15.23%), Zinc: 1.97mg (13.16%), Calcium: 126.73mg (12.67%), Vitamin A: 608.86IU (12.18%), Vitamin B1: 0.17mg (11%), Selenium: 6.68µg (9.54%), Iron: 1.63mg (9.07%), Vitamin B12: 0.16µg (2.64%)