



Cauliflower and Black Bean Tacos

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz cauliflower frozen
- 0.5 cup black beans canned rinsed drained
- 0.3 teaspoon ground cumin
- 4 corn tortillas white yellow
- 0.8 cup pico de gallo fresh
- 1 small avocado pitted cubed peeled
- 2 tablespoons cilantro leaves fresh chopped
- 1 small lime cut into 6 wedges

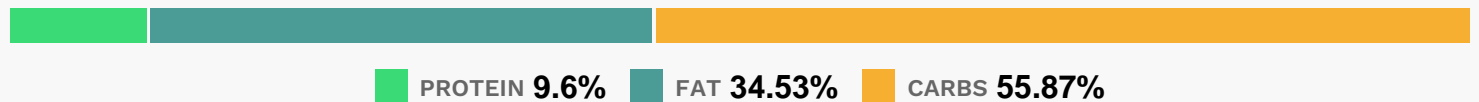
Equipment

- bowl
- microwave

Directions

- Cook cauliflower as directed on box; pour into medium microwavable bowl. Stir in black beans and cumin. Microwave uncovered on High 30 seconds to 1 minute or until mixture is hot.
- Spoon about 1/3 cup cauliflower mixture onto each tortilla; top with salsa, avocado and cilantro.
- Serve immediately with lime wedges.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:4.32, Inflammation Score:-5, Nutrition Score:8.8247827032338%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 133.11kcal (6.66%), Fat: 5.63g (8.67%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 14.92g (5.42%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 279.11mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Vitamin C: 31.42mg (38.08%), Fiber: 5.6g (22.38%), Folate: 64.66µg (16.17%), Vitamin K: 14.84µg (14.14%), Potassium: 393.71mg (11.25%), Vitamin B6: 0.22mg (11.21%), Phosphorus: 110.61mg (11.06%), Manganese: 0.21mg (10.75%), Magnesium: 35.31mg (8.83%), Vitamin B5: 0.85mg (8.51%), Copper: 0.14mg (7.23%), Vitamin B2: 0.1mg (6.06%), Vitamin B3: 1.2mg (5.99%), Vitamin B1: 0.09mg (5.76%), Iron: 0.99mg (5.52%), Vitamin E: 0.81mg (5.4%), Zinc: 0.66mg (4.42%), Vitamin A: 198.49IU (3.97%), Calcium: 38.02mg (3.8%), Selenium: 1.71µg (2.44%)