



Cauliflower Power Tacos

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 lb cauliflower separated
- 2 tablespoons olive oil
- 0.5 teaspoon salt
- 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 0.3 teaspoon chili powder
- 0.3 teaspoon ground cumin

- 0.3 teaspoon oregano
- 2 cups cilantro leaves fresh
- 0.3 cup pumpkin seeds
- 1 small garlic clove cut in half
- 2 tablespoons jalapeno chopped
- 2 tablespoons juice of lime fresh
- 0.5 teaspoon salt
- 0.3 cup olive oil
- 8 corn tortillas gluten-free white

Equipment

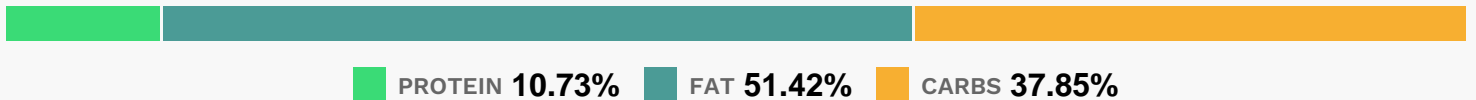
- food processor
- bowl
- frying pan
- baking sheet
- oven
- spatula

Directions

- Heat oven to 425°F.
- Place cauliflower florets in large bowl.
- Drizzle with 2 tablespoons oil; sprinkle with 1/2 teaspoon salt. Stir until evenly coated. Arrange on large cookie sheet.
- Bake 15 minutes; stir.
- Bake 15 to 20 minutes longer or until cauliflower is tender and browned.
- Meanwhile, mix crispy chickpeas ingredients.
- Spread on 15x10x1-inch pan.
- Bake 15 minutes; stir.
- Bake 10 to 15 minutes longer or until chickpeas are slightly browned and crispy.

- Meanwhile, in food processor, place all pesto ingredients except oil. Cover; process using quick on-and-off motions. With food processor running, slowly drizzle in 1/4 cup oil through feed tube, stopping halfway through to stir mixture with spatula.
- Remove pesto to small bowl.
- Spoon about 1 tablespoon pesto on each tortilla; top with about 1/2 cup roasted cauliflower and 1 tablespoon crispy chickpeas.
- Garnish with fresh cilantro and serve with remaining chickpeas, if desired.

Nutrition Facts



Properties

Glycemic Index:29.6, Glycemic Load:8.16, Inflammation Score:-7, Nutrition Score:16.395652086838%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 256.87kcal (12.84%), Fat: 15.47g (23.8%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 18.92g (6.88%), Sugar: 2.7g (3%), Cholesterol: 0mg (0%), Sodium: 633.18mg (27.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.53%), Vitamin C: 61.54mg (74.59%), Manganese: 0.85mg (42.57%), Vitamin K: 38.58µg (36.74%), Vitamin B6: 0.55mg (27.54%), Fiber: 6.7g (26.8%), Folate: 84.82µg (21.21%), Phosphorus: 211.53mg (21.15%), Magnesium: 68.37mg (17.09%), Potassium: 524.9mg (15%), Vitamin E: 2.23mg (14.87%), Copper: 0.22mg (10.81%), Iron: 1.92mg (10.67%), Vitamin B5: 1.01mg (10.06%), Zinc: 1.26mg (8.42%), Vitamin B1: 0.11mg (7.46%), Calcium: 72.35mg (7.23%), Vitamin A: 341.56IU (6.83%), Vitamin B3: 1.28mg (6.4%), Vitamin B2: 0.11mg (6.36%), Selenium: 3.71µg (5.3%)