



## Citrus Tacos

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon pepper black freshly ground plus more for seasoning
- 0.3 cup cranberries dried
- 0.5 haas avocado pitted peeled
- 1 small jicama peeled very thin cut into slices
- 0.5 teaspoon kosher salt plus more for seasoning
- 2 tablespoons juice of lime freshly squeezed (from approximately 1 large lime)
- 0.5 teaspoon lime zest finely grated
- 0.3 cup olive oil extra-virgin

- 2 oranges
- 4 cups watercress thick

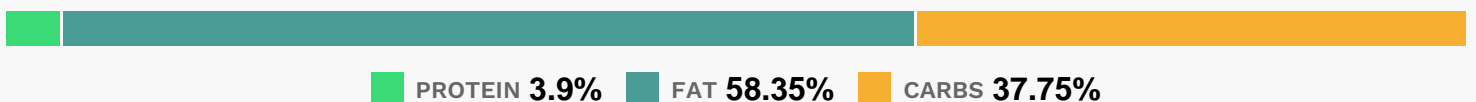
## Equipment

- food processor
- bowl
- knife
- whisk

## Directions

- Watch how to make this recipe.
- Process the lime juice, zest, avocado, salt, and pepper in a mini food processor until smooth. Gradually add the oil until emulsified. Season the dressing, to taste, with additional salt and pepper.
- Using a paring knife and working over a large bowl to catch the juice, remove the peel and white pith from the oranges.
- Cut between the membranes to remove the segments directly into the bowl. Squeeze any excess juice from the membranes directly into the bowl and discard the membranes.
- Add the watercress and dried cranberries. Toss with the orange juice and season with salt and pepper, to taste.
- Spread 1 side of the jicama slices with a little of the dressing. Using the jicama slices as you would a tortilla, place the watercress salad in the center of each jicama slice and fold to make tacos.
- Cook's Note: The dressing can also be made by hand. Use a fork to mash the avocado until smooth and add the lime zest and juice.
- Whisking constantly, drizzle in the oil until smooth. Season with salt and pepper, to taste.

## Nutrition Facts



## Properties

Glycemic Index:19.35, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:6.7008695835653%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 7.45mg, Hesperetin: 7.45mg, Hesperetin: 7.45mg, Hesperetin: 7.45mg Naringenin: 4.03mg, Naringenin: 4.03mg, Naringenin: 4.03mg, Naringenin: 4.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

## Nutrients (% of daily need)

Calories: 101.86kcal (5.09%), Fat: 6.99g (10.76%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 6.82g (2.48%), Sugar: 5.45g (6.06%), Cholesterol: 0mg (0%), Sodium: 124.36mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin K: 39.88µg (37.98%), Vitamin C: 29.1mg (35.27%), Fiber: 3.36g (13.44%), Vitamin A: 517.36IU (10.35%), Vitamin E: 1.41mg (9.39%), Potassium: 202.3mg (5.78%), Folate: 21.93µg (5.48%), Manganese: 0.1mg (4.88%), Vitamin B6: 0.08mg (3.85%), Calcium: 33.68mg (3.37%), Vitamin B1: 0.05mg (3.36%), Magnesium: 13.31mg (3.33%), Copper: 0.06mg (3.15%), Vitamin B5: 0.31mg (3.08%), Vitamin B2: 0.05mg (3.06%), Phosphorus: 24.46mg (2.45%), Iron: 0.38mg (2.13%), Vitamin B3: 0.37mg (1.86%), Zinc: 0.16mg (1.09%)