



Cochinita Pibil Tacos



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

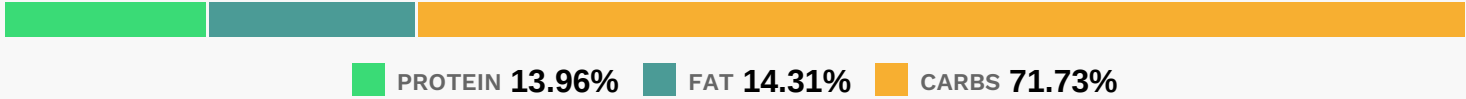
- ☐ 1 handful cilantro leaves
- ☐ 12 corn tortillas
- ☐ 1 cup pickled onions red
- ☐ 0.3 cup queso fresco crumbled (or feta)
- ☐ 1 cup refried beans
- ☐ 0.3 cup habanero salsa

Equipment

Directions

☐ Assemble tacos and enjoy.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:17.47, Inflammation Score:-5, Nutrition Score:9.0808695969374%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 253.98kcal (12.7%), Fat: 4.11g (6.33%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 46.38g (15.46%), Net Carbohydrates: 37.95g (13.8%), Sugar: 4.69g (5.21%), Cholesterol: 5.26mg (1.75%), Sodium: 546.02mg (23.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.05%), Fiber: 8.43g (33.74%), Phosphorus: 291.56mg (29.16%), Manganese: 0.33mg (16.48%), Magnesium: 64.69mg (16.17%), Calcium: 140.56mg (14.06%), Vitamin B6: 0.25mg (12.74%), Selenium: 6.58µg (9.41%), Iron: 1.68mg (9.36%), Zinc: 1.32mg (8.83%), Copper: 0.15mg (7.55%), Potassium: 260.45mg (7.44%), Vitamin B3: 1.41mg (7.06%), Vitamin B1: 0.1mg (6.75%), Vitamin A: 259.1IU (5.18%), Vitamin B2: 0.08mg (4.79%), Vitamin C: 3.54mg (4.29%), Vitamin K: 4.02µg (3.83%), Folate: 13.3µg (3.33%), Vitamin E: 0.48mg (3.19%), Vitamin B12: 0.13µg (2.13%), Vitamin B5: 0.2mg (2%), Vitamin D: 0.21µg (1.37%)