



Crispy Black Bean Tacos with Feta and Cabbage Slaw



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 2 cups coleslaw mix
- ☐ 4 corn tortillas white yellow
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 spring onion chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 4 servings hot sauce
- ☐ 1 tablespoon juice of lime fresh
- ☐ 5 teaspoons olive oil divided

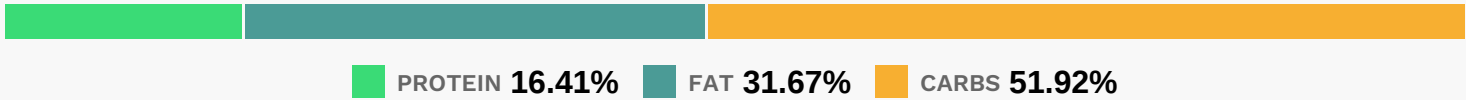
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place beans and cumin in small bowl;partially mash.
- ☐ Mix 2 teaspoons oliveoil and lime juice in medium bowl; addcoleslaw, green onions, and cilantro andtoss to coat. Season slaw to taste with saltand pepper.
- ☐ Heat 3 teaspoons olive oil in largenonstick skillet over medium–high heat.
- ☐ Add tortillas in single layer. Spoon 1/4 ofbean mixture onto half of each tortilla;cook 1 minute. Fold tacos in half. Cook untilgolden brown, about 1 minute per side.Fill tacos with feta and slaw. Pass hotsauce alongside.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:5.77, Inflammation Score:-6, Nutrition Score:14.485217575146%

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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 243.61kcal (12.18%), Fat: 8.85g (13.61%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 22.55g (8.2%), Sugar: 1.57g (1.74%), Cholesterol: 11.13mg (3.71%), Sodium: 573.54mg (24.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.63%), Vitamin K: 46.43µg (44.22%), Fiber: 10.08g (40.33%), Phosphorus: 252.32mg (25.23%), Folate: 90.27µg (22.57%), Vitamin C: 18.39mg (22.29%), Manganese: 0.42mg (20.82%), Magnesium: 65.27mg (16.32%), Iron: 2.9mg (16.09%), Vitamin B2: 0.27mg (16.02%), Vitamin B1: 0.22mg (14.71%), Calcium: 142.02mg (14.2%), Potassium: 475.61mg (13.59%), Copper: 0.27mg (13.3%), Vitamin B6: 0.22mg (11.01%), Zinc: 1.38mg (9.22%), Selenium: 5.01µg (7.16%), Vitamin B3: 1.32mg (6.59%), Vitamin E: 0.95mg (6.34%), Vitamin A: 246.83IU (4.94%), Vitamin B5: 0.44mg (4.36%), Vitamin B12: 0.21µg (3.52%)