



## Festive Mini-Tacos

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



24

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup salad dressing
- 0.5 teaspoon ground cumin
- 0.3 teaspoon salt
- 0.1 teaspoon ground cinnamon
- 1 teaspoon honey
- 15 ounces black beans rinsed drained canned
- 0.3 cup celery thinly sliced
- 3.8 ounces taco shells miniature (24 shells)

- 0.3 cup cranberries dried
- 2 tablespoons cilantro leaves fresh chopped

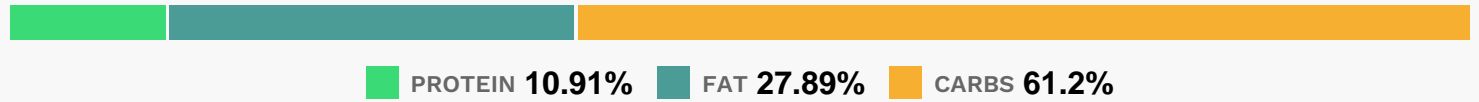
## Equipment

- bowl

## Directions

- Mix mayonnaise, cumin, salt, cinnamon and honey in medium bowl. Stir in beans and celery.
- Spoon about 1 1/2 tablespoonfuls mixture into each taco shell.
- Sprinkle with cranberries and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:8.09, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:1.7452173757812%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 49.82kcal (2.49%), Fat: 1.58g (2.43%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 6.14g (2.23%), Sugar: 1.81g (2.02%), Cholesterol: 0mg (0%), Sodium: 132.42mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Fiber: 1.65g (6.59%), Manganese: 0.08mg (3.86%), Folate: 14.44µg (3.61%), Phosphorus: 30.68mg (3.07%), Magnesium: 10.44mg (2.61%), Iron: 0.46mg (2.54%), Vitamin B1: 0.04mg (2.39%), Vitamin K: 2.4µg (2.29%), Copper: 0.04mg (2.09%), Potassium: 72.59mg (2.07%), Vitamin B2: 0.03mg (1.55%), Calcium: 12.27mg (1.23%), Zinc: 0.18mg (1.17%), Vitamin B6: 0.02mg (1.12%), Vitamin B3: 0.21mg (1.07%)