



Fiesta Mexican Soft Tacos

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed canned
- 8 6-inch flour tortillas ()
- 1 bell pepper green chopped
- 1 cup brown rice instant uncooked
- 0.3 cup taco bellâ® & chunky salsa thick
- 1 cup cheddar cheese shredded kraft
- 1 cup water

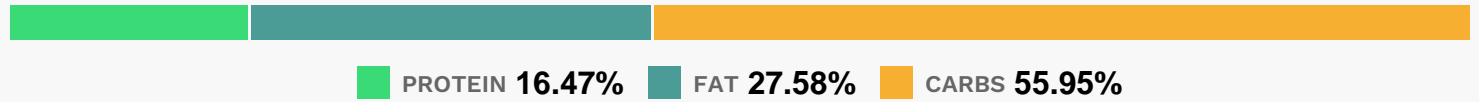
Equipment

sauce pan

Directions

- Mix beans, salsa and peppers in medium saucepan; stir in water. Bring to boil on medium-high heat.
- Stir in rice; cover. Cook on medium-low heat 5 min.
- Remove from heat; stir.
- Let stand, covered, 5 min.
- Spoon rice mixture evenly onto tortillas; sprinkle with cheese. Fold tortillas in half to serve.

Nutrition Facts



Properties

Glycemic Index:3.55, Glycemic Load:1.93, Inflammation Score:-2, Nutrition Score:4.5608695764904%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 97.91kcal (4.9%), Fat: 3g (4.62%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 11.55g (4.2%), Sugar: 0.77g (0.86%), Cholesterol: 5.65mg (1.88%), Sodium: 236.54mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Folate: 38.03µg (9.51%), Vitamin B1: 0.14mg (9.1%), Selenium: 6.19µg (8.84%), Fiber: 2.15g (8.59%), Manganese: 0.16mg (8.19%), Phosphorus: 81.21mg (8.12%), Calcium: 68.02mg (6.8%), Vitamin C: 5.44mg (6.59%), Iron: 1.16mg (6.43%), Vitamin B3: 1.04mg (5.22%), Vitamin B2: 0.09mg (5.21%), Copper: 0.07mg (3.57%), Magnesium: 13.57mg (3.39%), Zinc: 0.46mg (3.1%), Potassium: 107.59mg (3.07%), Vitamin B6: 0.05mg (2.44%), Vitamin A: 100.28IU (2.01%), Vitamin K: 1.63µg (1.55%), Vitamin B5: 0.12mg (1.15%)