





Gluten-Free Harissa Roasted Sweet Potato Tacos

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium sweet potatoes and into peeled cut into 1/2-inch cubes (4 cups)
- 1 tablespoons chili paste depending on your taste pref
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 2 oz feta cheese gluten-free crumbled
- 0.3 cup parsley fresh chopped
- 2 teaspoons lemon zest finely grated

- 0.5 cup quinoa rinsed uncooked
- 2 teaspoons olive oil
- 6 corn tortillas gluten-free
- 0.5 cup yogurt plain fat free

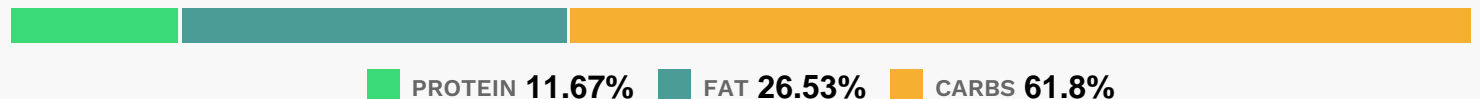
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 425°F. In medium bowl, toss Potato Filling ingredients, coating pieces evenly. Arrange on ungreased large cookie sheet.
- Bake 25 minutes; stir.
- Bake 15 to 20 minutes longer or until golden brown and crispy.
- Meanwhile, mix Herbed Salad ingredients, stirring well; set aside. In 2-quart saucepan, heat 2 cups water to boiling.
- Add quinoa; cook 10 minutes.
- Drain well. Arrange on another ungreased cookie sheet; toss with 2 teaspoons oil.
- Place cookie sheet of quinoa in oven with sweet potatoes during last 10 minutes of bake time to toast lightly, stirring once.
- Fill each tortilla with potato filling, salad, a dollop of yogurt and 1 tablespoon toasted quinoa.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:12.63, Inflammation Score:-10, Nutrition Score:17.058695606563%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 246.48kcal (12.32%), Fat: 7.4g (11.39%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 33.75g (12.27%), Sugar: 5.23g (5.82%), Cholesterol: 8.82mg (2.94%), Sodium: 373.13mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.66%), Vitamin A: 10947.59IU (218.95%), Vitamin K: 44.81µg (42.67%), Manganese: 0.58mg (28.76%), Phosphorus: 248.61mg (24.86%), Fiber: 5.06g (20.22%), Magnesium: 72.81mg (18.2%), Vitamin B6: 0.34mg (17.1%), Calcium: 142.57mg (14.26%), Vitamin B2: 0.24mg (14.13%), Potassium: 464.77mg (13.28%), Copper: 0.25mg (12.57%), Folate: 45.28µg (11.32%), Vitamin B1: 0.16mg (10.9%), Zinc: 1.51mg (10.06%), Vitamin B5: 0.97mg (9.75%), Iron: 1.71mg (9.5%), Vitamin C: 6.6mg (8%), Vitamin E: 1.19mg (7.91%), Selenium: 5.43µg (7.76%), Vitamin B3: 1.22mg (6.11%), Vitamin B12: 0.28µg (4.74%)