



Goat Tacos



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ancho chili pepper dried
- ☐ 5 peppercorns whole black
- ☐ 3 pepper flakes dried
- ☐ 8 servings cilantro leaves chopped
- ☐ 16 corn tortillas
- ☐ 3 garlic clove
- ☐ 3.5 pound yogurt bone-in
- ☐ 8 servings lettuce thinly sliced

- ☐ 8 servings lime wedges
- ☐ 1.5 teaspoon oregano dried
- ☐ 8 servings queso fresco crumbled
- ☐ 8 servings radishes sliced
- ☐ 8 servings salsa verde
- ☐ 1 pound tomatoes
- ☐ 2 turkish bay leaf
- ☐ 1 teaspoon vinegar white
- ☐ 8 servings onion white chopped

Equipment

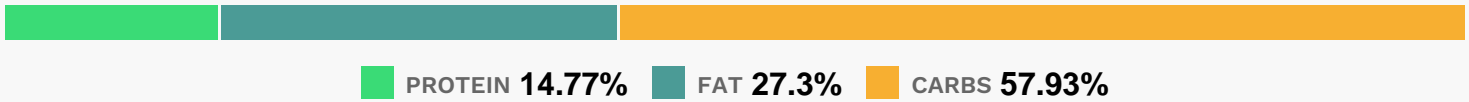
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Slit chiles lengthwise, then stem and seed (leave veins for heat).
- ☐ Heat a dry large heavy skillet (not nonstick) over medium heat until hot, then toast chiles in batches, opened flat, turning and pressing with tongs, until more pliable and slightly changed in color, about 30 seconds per batch.
- ☐ Transfer chiles to a bowl and soak in hot water until softened, 20 to 30 minutes.
- ☐ Cut a shallow X in bottom of each tomato and blanch in simmering water 20 seconds.
- ☐ Transfer with a slotted spoon to an ice bath to stop cooking. Peel tomatoes. Coarsely chop, reserving juice.

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Cut goat at joints to separate into pieces and put in a 3-quart shallow baking dish.
- ☐ Sprinkle all over with 1 1/2 teaspoons salt.
- ☐ Drain chiles, discarding soaking water, and purée in a blender with tomatoes and reserved juice, 3/4 teaspoon salt, and remaining ingredients except tortillas until very smooth, about 1 minute.
- ☐ Pour sauce over meat, turning to coat, then cover dish tightly with a double layer of foil and braise in oven until meat is very tender, 3 to 1 1/2 hours.
- ☐ Remove from oven and cool meat in liquid, uncovered, 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Coarsely shred meat, discarding bones, then mix into braising liquid in dish. Return to oven and cook, covered, until sauce is simmering, about 30 minutes more.
- ☐ Fifteen minutes before goat is done, make 2 stacks of tortillas and wrap each stack in foil, then heat in oven on rack alongside baking dish.
- ☐ Serve goat with warm tortillas and accompaniments.
- ☐ Goat can be made 3 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:50.69, Glycemic Load:13.31, Inflammation Score:-10, Nutrition Score:26.36217384753%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 12.83mg, Quercetin: 12.83mg, Quercetin: 12.83mg, Quercetin: 12.83mg

Nutrients (% of daily need)

Calories: 360.7kcal (18.04%), Fat: 11.4g (17.53%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 54.41g (18.14%), Net Carbohydrates: 44.52g (16.19%), Sugar: 22.5g (25%), Cholesterol: 22.52mg (7.51%), Sodium: 406.63mg (17.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.75%), Vitamin A: 4020.23IU (80.4%), Vitamin C: 54.4mg (65.93%), Phosphorus: 470.19mg (47.02%), Vitamin K: 42.11µg (40.1%), Fiber: 9.89g (39.55%), Calcium: 377.78mg (37.78%), Potassium: 1272.82mg (36.37%), Manganese: 0.64mg (32.2%), Vitamin B2: 0.5mg (29.63%), Vitamin B6: 0.57mg (28.56%), Magnesium: 102.33mg (25.58%), Folate: 73.38µg (18.35%), Vitamin D: 2.61µg (17.38%), Vitamin B1: 0.26mg (17.12%), Copper: 0.33mg (16.36%), Vitamin B3: 2.99mg (14.93%), Iron: 2.46mg (13.64%), Zinc: 1.95mg (12.98%), Vitamin B5: 1.1mg (11.02%), Selenium: 7.43µg (10.62%), Vitamin E: 1.23mg (8.21%), Vitamin B12: 0.16µg (2.6%)