



WHATSheATE



Greek Grilled Cheese Tacos

READY IN



30 min.

SERVINGS



8

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small zucchini
- ☐ 1 cup the of 1 cos lettuce shredded
- ☐ 0.5 cup cucumber english seedless thinly sliced ()
- ☐ 0.5 cup grape tomatoes cut into quarters
- ☐ 0.5 cup bell pepper red yellow thinly sliced
- ☐ 0.3 cup kalamata olives pitted cut in half
- ☐ 4 basil fresh thinly sliced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 Dash coarse salt (kosher or sea)
- ☐ 1 Dash pepper black freshly ground
- ☐ 8 oz halloumi cheese sliced (not)
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)

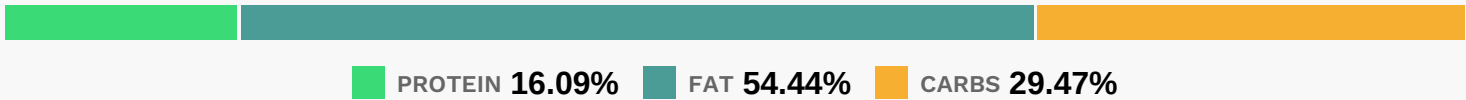
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ peeler

Directions

- ☐ Trim ends from zucchini. Use a vegetable peeler to make long, thin ribbons of zucchini. For veggie filling, place zucchini ribbons, lettuce, cucumber, tomatoes, bell pepper, olives and basil in large bowl. For dressing, in small bowl, beat oil, lemon juice, salt and black pepper with whisk; pour over vegetable mixture, and toss to coat.
- ☐ Heat gas or charcoal grill.
- ☐ Cut block of cheese in half horizontally to form 2 blocks.
- ☐ Place both blocks of cheese directly on grill over high heat. Cook uncovered 4 to 6 minutes, turning once, until browned.
- ☐ Remove from grill.
- ☐ Cut each grilled cheese block into 12 cubes to make 24 cubes.
- ☐ Heat tortillas on grill about 30 seconds or until warm, turning once. Fill tortillas with veggie filling, and top with grilled cheese.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:4.68, Inflammation Score:-6, Nutrition Score:8.1595650755841%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 226.48kcal (11.32%), Fat: 13.77g (21.19%), Saturated Fat: 6.29g (39.3%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 15.04g (5.47%), Sugar: 2.09g (2.32%), Cholesterol: 0mg (0%), Sodium: 649.19mg (28.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.32%), Calcium: 336.7mg (33.67%), Vitamin C: 22.18mg (26.89%), Vitamin A: 677.07IU (13.54%), Vitamin K: 13.59µg (12.94%), Vitamin B1: 0.17mg (11.1%), Folate: 43.8µg (10.95%), Manganese: 0.21mg (10.48%), Selenium: 6.63µg (9.48%), Vitamin B3: 1.53mg (7.65%), Phosphorus: 73.76mg (7.38%), Iron: 1.31mg (7.27%), Fiber: 1.74g (6.97%), Vitamin B2: 0.11mg (6.28%), Vitamin E: 0.8mg (5.34%), Potassium: 145.79mg (4.17%), Vitamin B6: 0.07mg (3.71%), Magnesium: 13.74mg (3.43%), Copper: 0.07mg (3.35%), Zinc: 0.26mg (1.76%), Vitamin B5: 0.13mg (1.31%)