



Green Bean & Mushroom Tacos

 Gluten Free

READY IN



26 min.

SERVINGS



6

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups four cheese shredded mexican style kraft finely
- 1 tsp chipotle peppers in adobo sauce canned finely chopped
- 6 6-inch corn tortillas warmed ()
- 0.5 lb green beans fresh trimmed cut into 3-inch lengths
- 0.5 lb mushrooms fresh sliced
- 1 tsp oil
- 1 onion thinly sliced

Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add mushrooms and onions; cook 10 min. or until onions are caramelized, stirring frequently.
- Stir in beans and peppers; cover. Cook 5 min.
- Top tortillas evenly with 1 cup cheese, mushroom mixture and remaining cheese.

Nutrition Facts

PROTEIN 18.5% **FAT 44.84%** **CARBS 36.66%**

Properties

Glycemic Index:30.42, Glycemic Load:6.58, Inflammation Score:-5, Nutrition Score:10.212173866189%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 187.28kcal (9.36%), Fat: 9.73g (14.96%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 14.46g (5.26%), Sugar: 3.12g (3.47%), Cholesterol: 23.54mg (7.85%), Sodium: 170.56mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.06%), Phosphorus: 241.65mg (24.16%), Calcium: 206.84mg (20.68%), Vitamin B2: 0.32mg (18.64%), Selenium: 12.08µg (17.26%), Vitamin K: 17.43µg (16.6%), Fiber: 3.43g (13.73%), Manganese: 0.21mg (10.51%), Vitamin B3: 2.07mg (10.33%), Zinc: 1.52mg (10.15%), Copper: 0.2mg (10.06%), Vitamin A: 497.63IU (9.95%), Magnesium: 39.76mg (9.94%), Vitamin B6: 0.19mg (9.39%), Potassium: 293.21mg (8.38%), Vitamin C: 6.76mg (8.2%), Vitamin B5: 0.8mg (7.99%), Folate: 28.63µg (7.16%), Vitamin B1: 0.1mg (6.75%), Iron: 0.99mg (5.52%), Vitamin B12: 0.26µg (4.41%), Vitamin E: 0.54mg (3.62%), Vitamin D: 0.22µg (1.45%)