




 **17%**  
HEALTH SCORE

# Grilled Portabella and Poblano Tacos


 Vegetarian  Gluten Free

READY IN




**45 min.**

SERVINGS



**4**

CALORIES



**561 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 1 tbsp canola oil
- 0.5 tsp chipotle chili powder
- 0.3 cup cilantro leaves chopped
- 4 servings cilantro leaves
- 8 small corn tortillas warmed
- 8 small corn tortillas warmed
- 0.5 head garlic
- 4 servings guacamole

- 1 tsp juice of lime
- 4 servings lime wedges
- 0.3 cup olive oil
- 1 poblano pepper whole
- 6 portabello mushrooms whole cleaned
- 1 large onion red cut into six 2" slices
- 2 roma tomatoes diced
- 1 tablespoon potatoes plus more for potato water
- 4 servings salt and pepper
- 4 servings cheddar cheese shredded

## Equipment

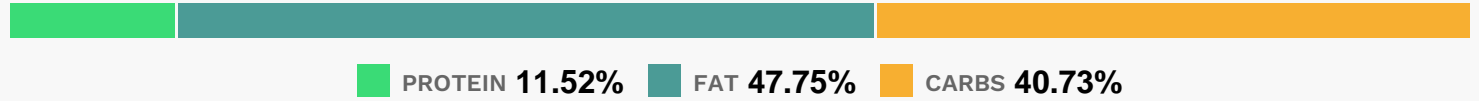
- bowl
- mixing bowl
- grill
- cutting board

## Directions

- Preheat a lightly oiled grill on medium-high heat. While the grill is heating up, prepare the pico de gallo. In a small mixing bowl, combine tomatoes, onion, cilantro, garlic, salt and lime juice. Set aside. Next, prepare the grilled portabella filling.
- Remove the stems from the portabellas, and discard. Using a spoon, scrape out the dark gills from the underside of the mushroom caps. Lightly brush the portabellas and the onions on both sides with canola oil, and sprinkle generously with salt and pepper. Arrange the mushrooms, onion, and poblano on the hot grill, and cook for 5-6 minutes per side or until the mushrooms are softened and the onion is lightly charred.
- Remove from heat and transfer to a cutting board.
- Remove the stem and seeds from the poblano, and discard.
- Cut the poblano and the portabellas into thin strips, and roughly chop the onion.

- Transfer to a mixing bowl and toss with lime juice and chipotle powder until well coated. To assemble, arrange 2 tortillas per plate, and divide the mushroom filling evenly between them.
- Serve with pico de gallo and bowls of the different toppings so that everyone can garnish their tacos as they please.

## Nutrition Facts



### Properties

Glycemic Index:113.19, Glycemic Load:22.12, Inflammation Score:-8, Nutrition Score:25.578695652174%

### Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg

### Nutrients (% of daily need)

Calories: 561.13kcal (28.06%), Fat: 30.97g (47.65%), Saturated Fat: 8.5g (53.12%), Carbohydrates: 59.46g (19.82%), Net Carbohydrates: 49.52g (18.01%), Sugar: 7g (7.78%), Cholesterol: 30mg (10%), Sodium: 458.92mg (19.95%), Protein: 16.81g (33.61%), Phosphorus: 631.28mg (63.13%), Selenium: 39µg (55.72%), Vitamin C: 33.09mg (40.1%), Fiber: 9.94g (39.75%), Vitamin B3: 7.73mg (38.66%), Calcium: 322.03mg (32.2%), Vitamin B6: 0.63mg (31.29%), Manganese: 0.61mg (30.65%), Copper: 0.6mg (30.12%), Potassium: 890.28mg (25.44%), Magnesium: 95.08mg (23.77%), Vitamin E: 3.57mg (23.77%), Vitamin B2: 0.4mg (23.35%), Zinc: 3.35mg (22.33%), Vitamin K: 20.22µg (19.26%), Vitamin B5: 1.82mg (18.23%), Vitamin A: 848.81IU (16.98%), Vitamin B1: 0.23mg (15.65%), Folate: 62.12µg (15.53%), Iron: 2.22mg (12.31%), Vitamin B12: 0.38µg (6.35%), Vitamin D: 0.56µg (3.72%)