



Grilled Portobello and Poblano Tacos with Pico de Gallo

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup avocado peeled sliced
- 4 ounces colby-jack cheese shredded reduced-fat
- 8 6-inch corn tortillas ()
- 0.1 teaspoon pepper red crushed
- 2 tablespoons cilantro leaves fresh chopped
- 3 garlic cloves thinly sliced
- 0.5 teaspoon ground cumin

- 0.5 cup julienne-cut jicama
- 2 tablespoons juice of lime fresh
- 4 teaspoons olive oil
- 1 inch onion
- 1.5 cups plum tomatoes seeded chopped (3)
- 1 poblano chile whole
- 1 pound portobello mushroom caps
- 0.5 teaspoon salt divided
- 1 serrano chile minced

Equipment

- bowl
- frying pan
- grill

Directions

- Preheat grill to medium-high heat.
- Combine the first 6 ingredients and 1/8 teaspoon salt in a small bowl.
- Remove gills from the undersides of mushrooms using a spoon; discard gills.
- Place mushrooms, onion, and poblano on a grill rack coated with cooking spray, and grill mushrooms and poblano for 5 minutes on each side or until tender. Grill onion 6 minutes on each side or until tender.
- Remove from heat. Seed poblano and remove stem, and cut mushrooms and poblano into thin strips. Chop onion, and combine vegetables in a bowl.
- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add garlic; saut for 1 minute or until lightly browned.
- Add mushroom mixture, remaining 3/8 teaspoon salt, and cumin; cook 2 minutes or until thoroughly heated.
- Heat tortillas according to package directions. Divide mushroom mixture, pico de gallo, and avocado evenly among tortillas. Top each with 2 tablespoons cheese.

Nutrition Facts

PROTEIN 14.19% FAT 46.58% CARBS 39.23%

Properties

Glycemic Index:61.88, Glycemic Load:11.65, Inflammation Score:-8, Nutrition Score:24.226087010425%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 380.58kcal (19.03%), Fat: 20.82g (32.04%), Saturated Fat: 7.44g (46.47%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 29.63g (10.78%), Sugar: 7.27g (8.08%), Cholesterol: 26.93mg (8.98%), Sodium: 506.45mg (22.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.54%), Vitamin C: 46.85mg (56.79%), Phosphorus: 471.78mg (47.18%), Selenium: 29µg (41.43%), Fiber: 9.83g (39.31%), Vitamin B3: 7.33mg (36.64%), Potassium: 1044.2mg (29.83%), Vitamin B6: 0.59mg (29.34%), Copper: 0.58mg (29.09%), Calcium: 266.33mg (26.63%), Manganese: 0.51mg (25.26%), Vitamin A: 1243.34IU (24.87%), Folate: 89.51µg (22.38%), Vitamin B2: 0.37mg (21.93%), Vitamin B5: 2.09mg (20.88%), Vitamin K: 21.27µg (20.26%), Magnesium: 72.99mg (18.25%), Zinc: 2.66mg (17.74%), Vitamin E: 2.33mg (15.53%), Vitamin B1: 0.21mg (13.84%), Iron: 2.12mg (11.75%), Vitamin B12: 0.29µg (4.87%), Vitamin D: 0.51µg (3.4%)