

Irish Tacos

READY IN



25 min.

SERVINGS



8

CALORIES



404 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pinch ground pepper to taste
- 1 pound coleslaw mix prepared
- 1.5 cups corned beef ribs shredded
- 8 10-inch flour tortilla ()
- 2 tablespoons cilantro leaves fresh chopped
- 1 juice of lime juiced
- 0.5 cup mayonnaise
- 2 cups yogurt plain
- 8 servings salt to taste

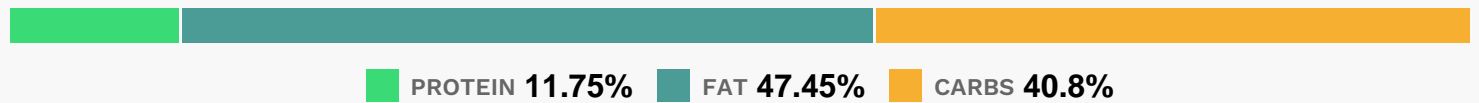
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Mix together the yogurt, mayonnaise, lime juice, cilantro, cayenne pepper, and salt in a bowl until smooth.
- Place the corned beef in a saucepan over medium-low heat just until hot.
- Place a tortilla into a heavy skillet over medium heat until hot and just beginning to show brown spots, about 30 seconds per side. To assemble, arrange about 2 tablespoons of coleslaw on a tortilla; follow with 3 tablespoons of corned beef.
- Drizzle with 2 tablespoons of the yogurt sauce; roll up to serve.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:12.33, Inflammation Score:-5, Nutrition Score:17.090869266054%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 403.89kcal (20.19%), Fat: 21.27g (32.73%), Saturated Fat: 5.99g (37.42%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 37.27g (13.55%), Sugar: 7.41g (8.23%), Cholesterol: 25.28mg (8.43%), Sodium: 1094.25mg (47.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.71%), Vitamin K: 71.42µg (68.02%), Vitamin C: 27.94mg (33.87%), Selenium: 21.48µg (30.69%), Vitamin B1: 0.42mg (27.73%), Phosphorus: 245.47mg (24.55%), Folate: 96.68µg (24.17%), Manganese: 0.45mg (22.3%), Vitamin B3: 4.06mg (20.28%), Calcium: 202.33mg (20.23%), Vitamin B2: 0.34mg (20.22%), Iron: 3.23mg (17.96%), Fiber: 3.89g (15.55%), Vitamin B12: 0.62µg (10.34%),

Potassium: 349.75mg (9.99%), Vitamin B6: 0.2mg (9.78%), Zinc: 1.46mg (9.76%), Magnesium: 33.01mg (8.25%),
Vitamin B5: 0.62mg (6.23%), Copper: 0.12mg (5.82%), Vitamin E: 0.6mg (3.97%), Vitamin A: 139.13IU (2.78%)