



 **59%**
HEALTH SCORE

Lentil and Cauliflower Rice Taco Filling

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



65 min.

SERVINGS



7

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup lentils uncooked
- 1 large head cauliflower
- 0.3 teaspoon chipotle chili powder to taste ()
- 2 tablespoons chili powder divided
- 0.5 teaspoon cumin
- 4 cloves garlic minced
- 1 large onion chopped
- 7 servings pepper black generous

- 7 servings salt to taste
- 0.5 teaspoon paprika smoked
- 3 cups water

Equipment

- food processor
- frying pan
- box grater

Directions

- Remove from heat and set aside. Prepare the cauliflower “rice” by removing the leaves and bottom stem from the cauliflower. Grate the cauliflower using either a box grater or the food processor to produce rice-sized pieces. To use the food processor, cut the cauliflower into quarters and then cut or break each quarter into pieces. Process one quarter at a time, pulsing on and off, until grated. Be careful not to over-process or you’ll have cauliflower dust! Once the cauliflower is grated, heat a very large skillet over medium-high heat.
- Add the onion and cook, stirring, until it begins to brown.
- Add the cauliflower and garlic and saute for 3-4 minutes.
- Add 1 tablespoon of chili powder and continue cooking until the cauliflower is tender, about 4 more minutes.
- Drain the lentils well and add them to the skillet.
- Add the remaining chili powder and all remaining seasonings. Cook on medium until heated through and flavors are combined.
- Add salt to taste. Makes about 7 cups of filling. To serve, place about 1/3 cup of filling in a small corn tortilla and garnish with lettuce, tomatoes, and any other fillings you like.
- Serve with salsa. Allow about 3 tortillas per person. (Here’s how to make your own tortillas.)

Nutrition Facts

PROTEIN 24.11% **FAT 8.4%** **CARBS 67.49%**

Properties

Glycemic Index:24.38, Glycemic Load:2.79, Inflammation Score:-8, Nutrition Score:13.765217698139%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 81.77kcal (4.09%), Fat: 0.86g (1.33%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 9.66g (3.51%), Sugar: 3.91g (4.35%), Cholesterol: 0mg (0%), Sodium: 275.59mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.15%), Vitamin C: 60.41mg (73.23%), Folate: 124.48µg (31.12%), Fiber: 5.95g (23.78%), Manganese: 0.44mg (22.12%), Vitamin K: 21.97µg (20.93%), Vitamin B6: 0.37mg (18.57%), Potassium: 554.48mg (15.84%), Vitamin A: 774.46IU (15.49%), Phosphorus: 120.94mg (12.09%), Iron: 2.06mg (11.47%), Vitamin B5: 1.04mg (10.43%), Magnesium: 36.23mg (9.06%), Copper: 0.17mg (8.74%), Vitamin B1: 0.13mg (8.56%), Vitamin B2: 0.12mg (7.35%), Vitamin E: 1.08mg (7.19%), Vitamin B3: 1.24mg (6.2%), Zinc: 0.87mg (5.77%), Calcium: 52.85mg (5.28%), Selenium: 2.37µg (3.38%)