



Loaded Veggie Tacos

READY IN



45 min.

SERVINGS



8

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce spicy black bean dip fat-free
- ☐ 8 10-inch flour tortillas fat-free
- ☐ 6 green onions sliced
- ☐ 12 ounce ground beef substitute
- ☐ 4 cups lettuce shredded
- ☐ 8 plum tomatoes diced seeded
- ☐ 16 ounce chipotle salsa
- ☐ 8 ounce cheddar cheese fat-free shredded
- ☐ 8 ounce cup heavy whipping cream fat-free sour

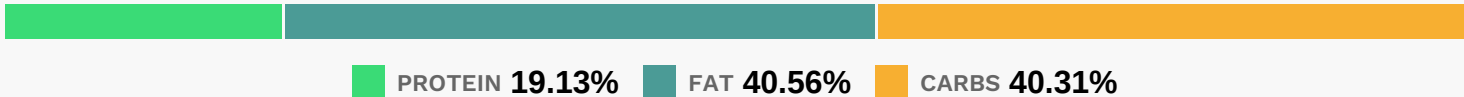
Equipment

☐ frying pan

Directions

- ☐ Cook beef substitute and salsa in a large nonstick skillet over medium heat 5 minutes or until thoroughly heated.
- ☐ Spread bean dip evenly over 1 side of each tortilla. Top evenly with beef substitute mixture, sour cream, and next 4 ingredients; roll up.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:12.09, Inflammation Score:-8, Nutrition Score:23.263043481371%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 567.28kcal (28.36%), Fat: 25.66g (39.47%), Saturated Fat: 10.79g (67.43%), Carbohydrates: 57.38g (19.13%), Net Carbohydrates: 49.26g (17.91%), Sugar: 13.99g (15.55%), Cholesterol: 61.09mg (20.36%), Sodium: 1150.86mg (50.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.24g (54.47%), Selenium: 32.11µg (45.88%), Phosphorus: 411.71mg (41.17%), Vitamin K: 41.07µg (39.12%), Calcium: 380.76mg (38.08%), Fiber: 8.12g (32.47%), Vitamin B1: 0.45mg (30.16%), Vitamin B3: 6.02mg (30.1%), Iron: 5.27mg (29.25%), Vitamin A: 1415.42IU (28.31%), Vitamin B2: 0.47mg (27.88%), Manganese: 0.55mg (27.35%), Folate: 105.62µg (26.4%), Zinc: 3.64mg (24.26%), Vitamin B12: 1.3µg (21.59%), Vitamin B6: 0.37mg (18.69%), Potassium: 629.54mg (17.99%), Vitamin C: 12.27mg (14.87%), Magnesium: 52.76mg (13.19%), Vitamin E: 1.53mg (10.19%), Copper: 0.2mg (10.13%), Vitamin B5: 0.65mg (6.55%), Vitamin D: 0.21µg (1.42%)