



## Mango Tofu Tacos

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 serrano chile pepper chopped
- 1 pinch chili powder to taste
- 3 tablespoons coconut oil as needed
- 1 bunch cilantro leaves fresh separated finely chopped (stems and leaves )
- 2 cloves garlic finely chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 mangos peeled cut into small chunks

- 1 onion chopped
- 4 servings salt to taste
- 1 ounce taco seasoning
- 28 ounce spicy tofu cut into chunks

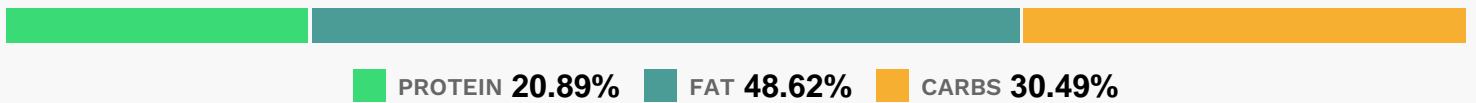
## Equipment

- frying pan

## Directions

- Cover the bottom of a skillet with coconut oil; warm over medium heat.
- Add onion, serrano pepper, and garlic; cook and stir until onion is lightly browned, about 10 minutes.
- Add tofu; stir to coat.
- Stir cilantro stems, 1/4 package taco seasoning, 1 teaspoon cumin, and 1 teaspoon coriander into tofu mixture; cook and stir until fragrant and tofu is cooked through, about 5 minutes.
- Add mangos and 1/4 package taco seasoning; cook, waiting 3 to 5 minutes before stirring.
- Add chili powder and salt; stir to coat. Season with more cumin and coriander if desired.
- Simmer tofu-mango mixture until most of liquid has evaporated, about 10 more minutes. Stir in cilantro leaves 1 minute before serving.

## Nutrition Facts



## Properties

Glycemic Index:45.69, Glycemic Load:8.36, Inflammation Score:-9, Nutrition Score:10.831739026567%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

## **Nutrients (% of daily need)**

Calories: 347.19kcal (17.36%), Fat: 19.79g (30.44%), Saturated Fat: 9.78g (61.11%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 22.46g (8.17%), Sugar: 17.37g (19.3%), Cholesterol: 0mg (0%), Sodium: 778.42mg (33.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.26%), Vitamin C: 44.72mg (54.21%), Vitamin A: 1948.2IU (38.96%), Calcium: 278.5mg (27.85%), Fiber: 5.46g (21.83%), Iron: 3.58mg (19.9%), Folate: 51.42µg (12.85%), Vitamin K: 10.98µg (10.45%), Vitamin B6: 0.19mg (9.4%), Manganese: 0.16mg (8.21%), Copper: 0.15mg (7.31%), Potassium: 250.84mg (7.17%), Vitamin E: 1.04mg (6.91%), Magnesium: 17.85mg (4.46%), Vitamin B3: 0.82mg (4.08%), Vitamin B1: 0.05mg (3.41%), Vitamin B2: 0.06mg (3.3%), Phosphorus: 30.93mg (3.09%), Vitamin B5: 0.26mg (2.61%), Selenium: 1.16µg (1.65%), Zinc: 0.22mg (1.48%)