



## Meatless Taco Salad

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 6 servings pepper rings
- 6 servings place the basil finely
- 0.5 cup beer
- 12 ounces button mushrooms quartered
- 15 ounce canned tomatoes diced with green chiles canned
- 1 tablespoon chili powder such as gebhardt's
- 2 cups corn kernels ( 4 ears corn)
- 8 corn tortillas

- 0.5 cup evoo
- 0.5 cup basil fresh
- 0.5 cup cilantro leaves fresh
- 0.3 cup mint leaves fresh
- 1 cloves garlic grated chopped
- 3 cloves garlic chopped
- 6 servings ground coriander
- 6 servings ground cumin
- 2 to 3 jalapeño peppers seeded coarsely chopped
- 1 juice of lime
- 1 teaspoon mexican oregano dried
- 2 poblano chiles
- 1 onion red chopped
- 2 baby greens chopped
- 6 servings salt and pepper black freshly ground
- 6 servings scallions
- 1 shallots coarsely chopped
- 6 servings sharp cheddar shredded white crumbled
- 2 tablespoons sherry vinegar
- 0.3 cup tomato sauce
- 3 tablespoons vegetable oil

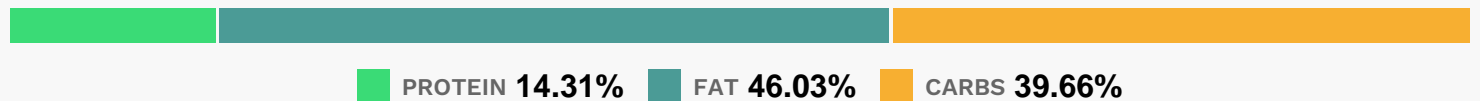
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- broiler

## Directions

- Watch how to make this recipe.
- Whisk up the Chermoula Sauce with the vinegar and vegetable juice. Store in the refrigerator until ready to serve.
- For the taco topping: Char the poblanos over a flame on a gas burners or char under the broiler until the skins are blackened all over.
- Place the peppers in a bowl. Cover and cool the peppers slightly. Then peel and seed the peppers, and chop. Reserve for later use.
- Heat the oil over medium-high to high heat, add the mushrooms and brown a few minutes then add the corn and cook until it starts to brown as well, 5 to 7 minutes more.
- Add the garlic, onions, oregano, chili powder and some salt and pepper. Cook until the onions are tender crisp, couple of minutes, then deglaze pan with the beer.
- Add the tomatoes and poblanos, and cook to just heat through. Turn off the heat and cool. Store in the refrigerator for a make-ahead meal. Reheat over medium-high heat until just hot through.
- To serve, line a serving platter, bowl or individual shallow bowls with the lettuce and fill with the warmed salad. Top with Tortilla Strips, cheese, peppers and scallions.
- Pour the dressing evenly over top and serve.
- Preheat the oven to 400 degrees F.
- Cut the tortillas in half and then into thin strips, 1/8- to 1/4-inch thick. Spray lightly with the nonstick cooking spray, then season with salt, and sprinkle with some coriander and cumin. Arrange on baking sheets in a single layer and bake until crisp.

## Nutrition Facts



## Properties

Glycemic Index:99.67, Glycemic Load:11.26, Inflammation Score:-10, Nutrition Score:30.931739102239%

## Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg,

Eriodictyol: 0.69mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg  
Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.35mg, Apigenin:  
0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg  
Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.66mg,  
Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin:  
0.15mg, Myricetin: 0.15mg Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg Gallocatechin:  
0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

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

Calories: 437.84kcal (21.89%), Fat: 23.68g (36.42%), Saturated Fat: 7.78g (48.65%), Carbohydrates: 45.9g (15.3%),  
Net Carbohydrates: 35.63g (12.96%), Sugar: 13.59g (15.1%), Cholesterol: 30mg (10%), Sodium: 680.57mg (29.59%),  
Alcohol: 0.77g (100%), Alcohol %: 0.17% (100%), Protein: 16.56g (33.11%), Vitamin K: 94.97µg (90.45%), Vitamin C:  
60.62mg (73.47%), Vitamin A: 2412.66IU (48.25%), Manganese: 0.85mg (42.57%), Phosphorus: 421.73mg (42.17%),  
Fiber: 10.27g (41.08%), Calcium: 357.3mg (35.73%), Vitamin B2: 0.58mg (33.84%), Potassium: 1065.53mg (30.44%),  
Folate: 120.53µg (30.13%), Vitamin B6: 0.59mg (29.27%), Copper: 0.54mg (27.07%), Selenium: 18.04µg (25.77%),  
Vitamin B3: 4.95mg (24.76%), Vitamin E: 3.68mg (24.52%), Iron: 4.38mg (24.32%), Magnesium: 96.03mg (24.01%),  
Vitamin B1: 0.29mg (19.67%), Zinc: 2.85mg (19.02%), Vitamin B5: 1.72mg (17.19%), Vitamin B12: 0.34µg (5.74%),  
Vitamin D: 0.29µg (1.96%)