



## Mexico City-Style Tacos

READY IN



30 min.

SERVINGS



12

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.3 cups angel hair pasta cut into 1-inch pieces
- 12 corn tortillas warmed
- 0.5 cup queso fresco
- 0.3 cup crema mexicana sour
- 0.3 cup onion roughly chopped
- 0.5 teaspoon penzey's southwest seasoning plus more for seasoning
- 3 tomatoes cored
- 2 tablespoons vegetable oil

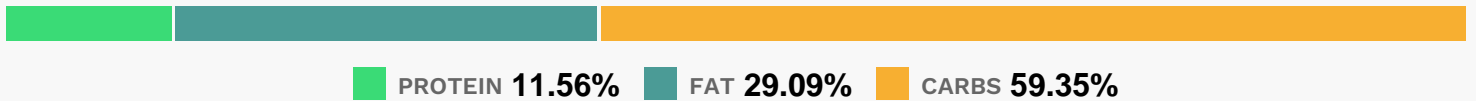
## Equipment

- frying pan
- sauce pan
- blender

## Directions

- Watch how to make this recipe.
- Bring a medium saucepan of water to a boil over medium-high heat.
- Add the tomatoes and cook for 5 minutes.
- Remove the tomatoes and set aside to cool slightly.
- In a heavy medium skillet, heat the vegetable oil over medium heat.
- Add the fideo or pasta and cook until golden brown, about 6 minutes.
- Place the cooked tomatoes, onions, and 1/2 teaspoon salt in a blender. Blend until smooth.
- Add the tomato mixture to the skillet and cook the fideo or pasta on low heat, without stirring, until tender, about 12 minutes. Season with salt and pepper, to taste.
- Fill the tortillas with the fideo filling.
- Drizzle the tacos with crema and sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:13.54, Glycemic Load:9.64, Inflammation Score:-4, Nutrition Score:5.7208695385767%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 160.25kcal (8.01%), Fat: 5.27g (8.11%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 21.6g (7.86%), Sugar: 1.83g (2.04%), Cholesterol: 6.11mg (2.04%), Sodium: 72.75mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Selenium: 11.48µg (16.4%), Phosphorus: 136.44mg (13.64%), Manganese: 0.26mg (13.2%), Fiber: 2.6g (10.4%), Magnesium: 31.66mg (7.92%), Vitamin K: 7.95µg (7.57%), Calcium: 67.77mg (6.78%), Vitamin A: 323.32IU (6.47%), Vitamin B6: 0.11mg (5.58%), Vitamin C: 4.46mg (5.41%), Copper: 0.1mg (5.16%), Zinc: 0.73mg (4.89%), Potassium: 166.61mg (4.76%), Vitamin B3: 0.83mg (4.13%), Iron: 0.68mg (3.77%), Vitamin B1: 0.05mg (3.5%), Vitamin E: 0.5mg (3.31%), Folate: 9.92µg (2.48%), Vitamin B2: 0.04mg (2.47%), Vitamin B12: 0.09µg (1.42%), Vitamin B5: 0.14mg (1.41%)