



Middle East Vegetable Tacos

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 lb eggplant peeled cut into 1/2-inch cubes
- ☐ 1 medium bell pepper red cut into 1/2-inch strips
- ☐ 1 medium onion cut into 1/2-inch wedges
- ☐ 14.5 oz tomatoes diced with roasted garlic, onion and oregano (or other variety), undrained canned
- ☐ 0.3 teaspoon salt
- ☐ 8 oz water refrigerated
- ☐ 12 taco shells

☐ 1 serving yogurt plain sour

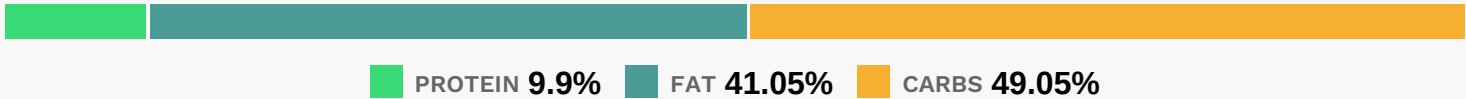
Equipment

☐ frying pan

Directions

- ☐ In 10-inch nonstick skillet, heat oil over medium-high heat. Cook eggplant, bell pepper and onion in oil 5 to 7 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Stir in tomatoes and salt; reduce heat to medium. Cover and cook about 5 minutes or until eggplant is tender.
- ☐ Spread scant 2 tablespoons hummus inside each taco shell. Spoon about 1/2 cup vegetable mixture over hummus in each shell.
- ☐ Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:11.29, Inflammation Score:-8, Nutrition Score:13.627391359485%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 240.16kcal (12.01%), Fat: 11.44g (17.59%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 23.19g (8.43%), Sugar: 6.28g (6.97%), Cholesterol: 0.02mg (0.01%), Sodium: 419mg (18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.41%), Vitamin C: 34.78mg (42.16%), Manganese: 0.7mg (35.16%), Fiber: 7.56g (30.23%), Folate: 82.66µg (20.67%), Magnesium: 69.11mg (17.28%), Copper: 0.35mg (17.27%), Vitamin B6: 0.34mg (17.18%), Phosphorus: 164.24mg (16.42%), Vitamin A: 734.48IU (14.69%), Potassium: 512.44mg (14.64%), Vitamin B1: 0.2mg (13.29%), Iron: 2.28mg (12.66%), Vitamin K: 11.91µg (11.34%), Vitamin B3: 1.86mg (9.31%), Zinc: 1.38mg (9.18%), Vitamin E: 1.36mg (9.07%), Vitamin B2: 0.13mg (7.71%), Calcium: 72.27mg (7.23%), Vitamin B5:

0.43mg (4.29%), Selenium: 2.55µg (3.64%)