



Mushroom and Caramelized Onion Tacos

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 12 6-inch corn tortillas white yellow soft ()
- 0.5 cup cilantro leaves fresh chopped
- 8 oz mushrooms fresh sliced (3 cups)
- 1 medium onion thinly sliced
- 0.5 cup queso fresco crumbled
- 1 oz taco seasoning old el paso®

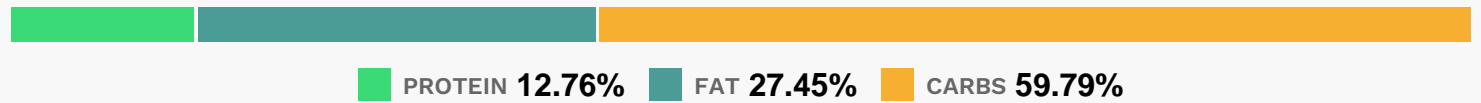
Equipment

- frying pan
- paper towels
- microwave

Directions

- In large skillet, melt butter over medium heat. Cook onion in butter about 15 minutes, stirring occasionally, until golden.
- Add mushrooms and taco seasoning mix. Cook 3 to 5 minutes longer, stirring occasionally, until onion and mushrooms are soft.
- Remove from heat; cover to keep warm.
- Wrap tortillas in microwavable paper towel. Microwave on High about 20 seconds or until warm. For each taco, stack 2 tortillas; spoon mushroom–onion mixture evenly over tortillas.
- Sprinkle with cilantro and cheese.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:10.71, Inflammation Score:-6, Nutrition Score:8.7873912531397%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 185.33kcal (9.27%), Fat: 5.95g (9.15%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 24.26g (8.82%), Sugar: 3.12g (3.47%), Cholesterol: 12.03mg (4.01%), Sodium: 499.2mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Phosphorus: 241.45mg (24.14%), Fiber: 4.89g (19.57%), Vitamin A: 674.88IU (13.5%), Selenium: 8.78µg (12.54%), Vitamin B2: 0.21mg (12.43%), Magnesium: 45.51mg (11.38%), Vitamin B3: 2.18mg (10.92%), Manganese: 0.22mg (10.9%), Copper: 0.21mg (10.69%), Calcium: 106.47mg (10.65%), Vitamin B6: 0.19mg (9.25%), Zinc: 1.18mg (7.87%), Potassium: 264.31mg (7.55%), Vitamin B5: 0.69mg (6.92%), Iron: 1.23mg (6.84%), Vitamin B1: 0.09mg (6.21%), Vitamin C: 4.64mg (5.62%), Vitamin K: 4.47µg (4.26%), Folate: 14.12µg (3.53%), Vitamin B12: 0.19µg (3.16%), Vitamin D: 0.35µg (2.33%), Vitamin E: 0.28mg (1.85%)