



Mushroom and Onion Vegetarian Tacos

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



519 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion red sliced
- 3 large portabello mushrooms fresh sliced cut in half, stems removed (3 cups)
- 6.3 oz taco seasoning
- 2 tablespoons water
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 1 cup guacamole
- 0.5 cup cream sour

0.5 cup queso fresco crumbled

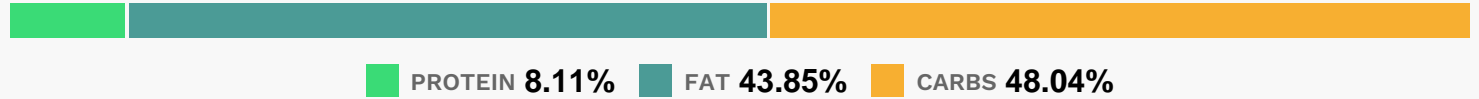
Equipment

frying pan

Directions

- In 12-inch nonstick skillet, heat oil over medium-high heat. Cook onion in oil, stirring occasionally, until brown.
- Add mushrooms. Cook 6 to 8 minutes or until tender. Reduce heat to low.
- Add taco seasoning mix and water. Cook about 5 minutes or until water is absorbed.
- Remove from heat.
- Spoon filling on tortillas.
- Add toppings.
- Roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:10.09, Inflammation Score:-10, Nutrition Score:25.823478367018%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 518.55kcal (25.93%), Fat: 26.69g (41.06%), Saturated Fat: 8.47g (52.92%), Carbohydrates: 65.77g (21.92%), Net Carbohydrates: 49.93g (18.16%), Sugar: 14.95g (16.62%), Cholesterol: 27.49mg (9.16%), Sodium: 4136.51mg (179.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.22%), Vitamin A: 4549.25IU

(90.98%), Fiber: 15.84g (63.34%), Selenium: 29.07µg (41.53%), Vitamin C: 28.48mg (34.52%), Vitamin B3: 6.55mg (32.75%), Folate: 130.91µg (32.73%), Iron: 5.75mg (31.93%), Phosphorus: 308.8mg (30.88%), Vitamin B1: 0.4mg (26.41%), Vitamin B2: 0.41mg (24.07%), Vitamin K: 24.26µg (23.1%), Manganese: 0.46mg (23%), Calcium: 216.14mg (21.61%), Potassium: 700.85mg (20.02%), Copper: 0.38mg (19.08%), Vitamin B5: 1.87mg (18.67%), Vitamin B6: 0.34mg (17.23%), Vitamin E: 1.76mg (11.7%), Zinc: 1.58mg (10.52%), Magnesium: 40.27mg (10.07%), Vitamin B12: 0.35µg (5.8%), Vitamin D: 0.6µg (4%)