



Mushroom, Corn, and Poblano Tacos

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce black beans rinsed drained canned
- 1 teaspoon bottled garlic minced
- 0.8 teaspoon chili powder
- 1.5 cups corn kernels frozen
- 8 6-inch corn tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 0.8 teaspoon ground cumin
- 1 teaspoon hot sauce

- 1 tablespoon juice of lime fresh
- 8 lime wedges
- 8 ounce mushrooms
- 2 tablespoons olive oil divided
- 1 cup onion
- 1 teaspoon oregano dried
- 0.5 cup poblano pepper chopped
- 3 ounces queso fresco crumbled
- 0.3 cup salsa verde
- 0.5 teaspoon salt
- 0.3 cup cream light sour

Equipment

- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add mushrooms to pan; cook 4 minutes, stirring occasionally.
- Add remaining 1 tablespoon oil to mushrooms. Stir in onion and next 5 ingredients (through poblano); cook 4 minutes, stirring occasionally.
- Add corn and beans to pan; cook 4 minutes, stirring occasionally.
- Remove pan from heat; stir in salsa and next 3 ingredients.
- Heat tortillas according to package directions. Divide vegetable mixture evenly among tortillas. Top each tortilla with 1 1/2 tablespoons cheese, 1 1/2 teaspoons cilantro, and 1 1/2 teaspoons sour cream.
- Serve with lime wedges.

Nutrition Facts



■ PROTEIN 15.96% ■ FAT 29.65% ■ CARBS 54.39%

Properties

Glycemic Index:63.38, Glycemic Load:16.99, Inflammation Score:-9, Nutrition Score:26.087391459424%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 15.82mg, Hesperetin: 15.82mg, Hesperetin: 15.82mg, Hesperetin: 15.82mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg

Nutrients (% of daily need)

Calories: 491.79kcal (24.59%), Fat: 17.1g (26.31%), Saturated Fat: 5.28g (32.97%), Carbohydrates: 70.6g (23.53%), Net Carbohydrates: 54.13g (19.68%), Sugar: 8.62g (9.58%), Cholesterol: 19.7mg (6.57%), Sodium: 754.29mg (32.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.72g (41.43%), Fiber: 16.47g (65.89%), Folate: 205.95µg (51.49%), Phosphorus: 504.84mg (50.48%), Manganese: 0.87mg (43.68%), Vitamin C: 33.83mg (41%), Magnesium: 141.25mg (35.31%), Vitamin B1: 0.43mg (28.76%), Copper: 0.57mg (28.69%), Potassium: 973.81mg (27.82%), Vitamin B2: 0.47mg (27.42%), Calcium: 253.47mg (25.35%), Iron: 4.25mg (23.61%), Selenium: 15.25µg (21.79%), Vitamin B3: 4.3mg (21.48%), Vitamin B6: 0.43mg (21.27%), Zinc: 3.15mg (20.99%), Vitamin B5: 1.62mg (16.21%), Vitamin A: 624.94IU (12.5%), Vitamin K: 12.95µg (12.33%), Vitamin E: 1.77mg (11.83%), Vitamin B12: 0.44µg (7.34%), Vitamin D: 0.72µg (4.77%)