



Nopalitos with Tomatoes and Onions



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



3

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 3 servings olive oil extra virgin
- ☐ 2 large cloves garlic minced
- ☐ 0.5 onion red roughly chopped
- ☐ 1 jalapeno seeds removed, chopped
- ☐ 1 medium tomatoes roughly chopped
- ☐ 3 servings salt and pepper
- ☐ 1 pound nopalitos cleaned chopped

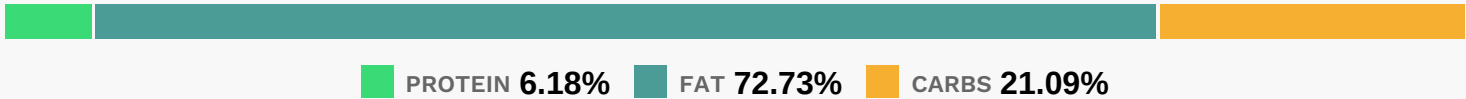
Equipment

☐ frying pan

Directions

- ☐ Heat a tablespoon of olive oil (enough to coat the bottom of the pan) in a large sauté pan on medium high heat.
- ☐ Add red onion, garlic, and jalapeño. Cook for a minute, stirring occasionally.
- ☐ Add the nopalitos. Cook for several more minutes. Then add the chopped tomato.
- ☐ Continue to cook until all vegetables are cooked through. Season with salt and pepper to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:1.16, Inflammation Score:-8, Nutrition Score:11.42521739006%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 167kcal (8.35%), Fat: 14.26g (21.94%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 5g (1.82%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 229.08mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Manganese: 0.8mg (39.99%), Vitamin C: 27.19mg (32.96%), Calcium: 260.72mg (26.07%), Vitamin A: 1083.36IU (21.67%), Magnesium: 86.17mg (21.54%), Vitamin K: 20.65µg (19.67%), Fiber: 4.3g (17.21%), Vitamin E: 2.41mg (16.06%), Potassium: 532.29mg (15.21%), Vitamin B6: 0.2mg (10.25%), Iron: 1.17mg (6.48%), Copper: 0.12mg (5.91%), Vitamin B3: 0.96mg (4.79%), Vitamin B2: 0.08mg (4.72%), Phosphorus: 43.62mg (4.36%), Folate: 15.49µg (3.87%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.34mg (3.38%), Vitamin B1: 0.05mg (3.17%), Selenium: 1.45µg (2.08%)