



Picadillo Tacos

 Dairy Free

READY IN



31 min.

SERVINGS



15

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 carrots diced
- 1 to 2 chipotle peppers in adobo sauce canned minced
- 15 servings garnish: cilantro sprigs fresh
- 8 8-inch flour tortillas warmed soft ()
- 1 pound ground round
- 1 small onion diced
- 2 plum tomatoes diced
- 0.5 teaspoon salt

1 tablespoon vegetable oil

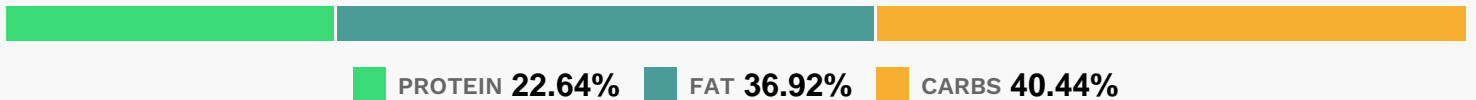
Equipment

frying pan

Directions

- Cook ground round in hot oil in a large skillet over medium-high heat, stirring often, 7 minutes or until meat crumbles and is browned. Stir in carrots, onion, and salt; saut 5 minutes.
- Add tomatoes and chipotle peppers, and cook, stirring occasionally, 3 to 4 minutes or until tomatoes begin to soften.
- Serve mixture with warm tortillas.
- Garnish, if desired.
- Vegetarian Picadillo Tacos: Substitute 1 (12-oz.) package frozen meatless burger crumbles for ground round. Proceed with recipe as directed, sauting crumbles in hot oil 3 to 4 minutes. Prep: 15 min., Cook: 13 min.
- Per taco with flour tortilla and 1/2 cup meatless mixture (not including toppings): Calories 173; Fat 6g (sat 8g, mono 8g, poly 7g); Protein 7g; Carb 6g; Fiber 5g; Chol 0mg; Iron 2mg; Sodium 548mg; Calc 63mg

Nutrition Facts



Properties

Glycemic Index:11.86, Glycemic Load:4.68, Inflammation Score:-7, Nutrition Score:7.8126087324775%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 151.85kcal (7.59%), Fat: 6.15g (9.45%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 13.68g (4.98%), Sugar: 1.88g (2.09%), Cholesterol: 19.66mg (6.55%), Sodium: 303.93mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Vitamin A: 1434.51IU (28.69%), Selenium: 11.12µg (15.88%), Vitamin B3: 2.87mg (14.36%), Phosphorus: 117.9mg (11.79%), Vitamin B12: 0.67µg (11.14%), Zinc: 1.63mg (10.9%), Vitamin B1: 0.16mg (10.68%), Iron: 1.75mg (9.71%), Manganese: 0.17mg (8.25%), Folate: 31.12µg (7.78%), Vitamin B2: 0.13mg (7.74%), Vitamin B6: 0.15mg (7.56%), Fiber: 1.46g (5.84%), Vitamin K: 5.92µg (5.64%), Potassium: 184.04mg (5.26%), Calcium: 48.04mg (4.8%), Magnesium: 14.41mg (3.6%), Copper: 0.06mg (3.04%), Vitamin B5: 0.26mg (2.6%), Vitamin C: 1.98mg (2.41%), Vitamin E: 0.27mg (1.82%)