



Pinto Bean and Cheese Tacos

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce pinto beans rinsed canned
- ☐ 1 the of 1 cos lettuce
- ☐ 0.8 cup salsa
- ☐ 1 cup cheddar cheese shredded
- ☐ 8 taco shells

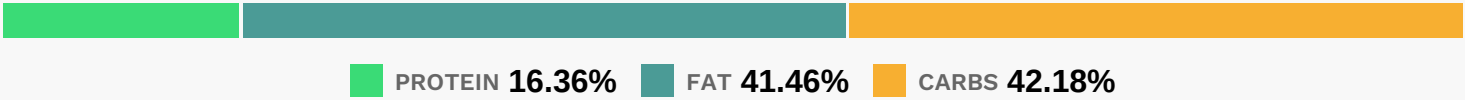
Equipment

- ☐ bowl
- ☐ microwave

Directions

☐ In a small microwave-proof bowl, combine the beans and 1/2 cup of the salsa. Microwave on high until hot, 1 to 2 minutes. Tear the lettuce into bite-size pieces. Divide the taco shells among 4 plates (2 per plate). Divide the bean mixture among the taco shells and top with the lettuce, Cheddar, and the remaining 1/4 cup of salsa.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:14.52, Inflammation Score:-7, Nutrition Score:13.63217388547%

Flavonoids

Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 332kcal (16.6%), Fat: 15.55g (23.92%), Saturated Fat: 7.27g (45.41%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 28.06g (10.2%), Sugar: 3.48g (3.86%), Cholesterol: 28.25mg (9.42%), Sodium: 867.79mg (37.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.6%), Fiber: 7.52g (30.09%), Phosphorus: 300.81mg (30.08%), Calcium: 289.65mg (28.97%), Manganese: 0.54mg (27.18%), Vitamin A: 1130.84IU (22.62%), Magnesium: 70.92mg (17.73%), Folate: 59.48µg (14.87%), Potassium: 513.67mg (14.68%), Zinc: 2.13mg (14.21%), Selenium: 9.61µg (13.73%), Vitamin K: 14.2µg (13.52%), Iron: 2.27mg (12.63%), Copper: 0.24mg (12.19%), Vitamin B6: 0.24mg (11.89%), Vitamin B2: 0.18mg (10.65%), Vitamin E: 1.59mg (10.58%), Vitamin B1: 0.14mg (9.16%), Vitamin B3: 1.32mg (6.58%), Vitamin B12: 0.3µg (4.99%), Vitamin B5: 0.37mg (3.7%), Vitamin C: 1.95mg (2.36%), Vitamin D: 0.17µg (1.13%)