



Poblano, Mushroom and Potato Tacos

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings corn tortillas assorted warmed for serving
- ☐ 12 ounces cremini and/or mushrooms white trimmed thinly sliced
- ☐ 1.5 tablespoons cilantro leaves fresh finely chopped
- ☐ 1.5 tablespoons parsley fresh finely chopped
- ☐ 1 clove garlic minced
- ☐ 2 juice of lime
- ☐ 6 servings kosher salt
- ☐ 0.5 cup crema mexicana sour

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion halved thinly sliced
- ☐ 6 servings pepper freshly ground
- ☐ 4 medium poblano chile peppers
- ☐ 2 tablespoons butter unsalted
- ☐ 3 medium yukon gold potatoes peeled cut into 1/2-inch pieces

Equipment

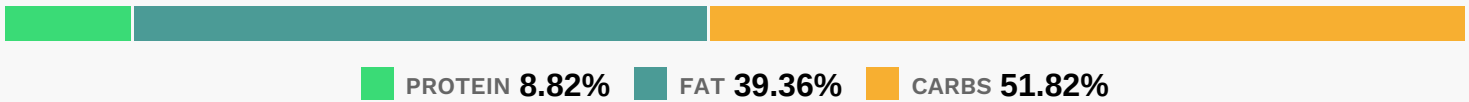
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ broiler
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Roast the poblanos directly over the flame of a gas burner or under the broiler, turning with tongs, until charred all over, about 10 minutes.
- ☐ Transfer to a bowl, cover with a plate and let steam until cool enough to handle, about 10 minutes. Scrape off the charred skin with a paring knife; remove the stems and seeds.
- ☐ Cut the poblanos into strips and set aside.
- ☐ Meanwhile, put the potatoes in a large nonstick skillet and cover with cold water; season with salt. Bring to a simmer over medium-high heat and cook until just tender, 5 to 6 minutes; drain. Wipe the skillet dry.
- ☐ Heat the olive oil in the skillet over medium-high heat.
- ☐ Add the potatoes and cook until golden and crisp, about 4 minutes per side.
- ☐ Remove with a slotted spoon and drain on paper towels. While still hot, sprinkle with half of the herbs, and salt to taste. Discard the excess oil and wipe out the skillet.
- ☐ Heat the butter in the skillet over medium-high heat.

- ☐
- Add the onion and cook, stirring occasionally, until golden, about 6 minutes.
- ☐
- Add the mushrooms and cook, stirring occasionally, until golden, 6 to 8 minutes. Stir in the remaining herbs and the garlic; cook 1 minute.
- ☐
- Add the roasted poblanos, crema, lime juice and a few spoonfuls of water; stir until warmed through, 1 to 2 minutes. Season with salt and pepper.
- ☐
- Serve the potatoes and mushroom mixture in tortillas with assorted toppings.
- ☐
- Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:49.54, Glycemic Load:16.72, Inflammation Score:-8, Nutrition Score:19.043913133766%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 3.76mg, Luteolin: 3.76mg, Luteolin: 3.76mg, Luteolin: 3.76mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 274.07kcal (13.7%), Fat: 12.58g (19.36%), Saturated Fat: 3.25g (20.31%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 31.54g (11.47%), Sugar: 5.63g (6.26%), Cholesterol: 20.46mg (6.82%), Sodium: 300.11mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.69%), Vitamin C: 86.89mg (105.32%), Vitamin B6: 0.59mg (29.46%), Vitamin K: 27.66µg (26.35%), Potassium: 857.86mg (24.51%), Copper: 0.49mg (24.28%), Selenium: 16.84µg (24.06%), Fiber: 5.73g (22.93%), Phosphorus: 225.32mg (22.53%), Manganese: 0.45mg (22.5%), Vitamin B2: 0.36mg (20.93%), Vitamin B3: 3.89mg (19.43%), Magnesium: 55.53mg (13.88%), Vitamin B1: 0.21mg (13.85%), Vitamin B5: 1.27mg (12.66%), Vitamin A: 597.95IU (11.96%), Folate: 44.51µg (11.13%), Zinc: 1.39mg (9.25%), Calcium: 92.1mg (9.21%), Iron: 1.65mg (9.18%), Vitamin E: 1.2mg (7.99%), Vitamin B12: 0.06µg (1.08%)