



Portabella Tacos with Spicy Cabbage Slaw

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cabbage shredded red
- 2 tablespoons juice of lime
- 1 tablespoon chipotles in adobo finely chopped (from 7-oz can)
- 1 tablespoon cream sour
- 0.1 teaspoon salt
- 4.6 oz taco shells (12 Count)
- 1 tablespoon olive oil
- 4 portabello mushrooms cut into 1/4-inch slices

- 0.5 medium onion cut into 1/4-inch slices
- 1 teaspoon chili powder
- 0.5 teaspoon steak seasoning
- 1 avocado pitted peeled sliced

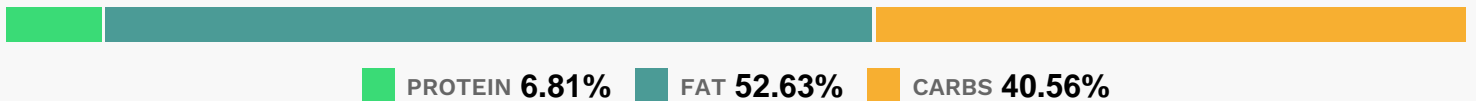
Equipment

- bowl
- frying pan
- grill

Directions

- In small bowl, mix all slaw ingredients; set aside.
- Heat taco shells as directed on box.
- Meanwhile, in large skillet, heat oil over medium-high heat. Cook mushrooms in oil 3 to 5 minutes, stirring occasionally, until they begin to brown.
- Add onion; cook 2 to 3 minutes longer. Stir in chili powder and grill seasoning.
- To serve, spoon mushroom mixture into warmed taco shells; top with avocado slices and spicy cabbage slaw.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:13.62, Inflammation Score:-7, Nutrition Score:15.932608612206%

Flavonoids

Cyanidin: 46.85mg, Cyanidin: 46.85mg, Cyanidin: 46.85mg, Cyanidin: 46.85mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg,

Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg
Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg,
Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:
0.05mg, Myricetin: 0.05mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 309.9kcal (15.49%), Fat: 19.01g (29.25%), Saturated Fat: 4.25g (26.58%), Carbohydrates: 32.97g (10.99%),
Net Carbohydrates: 25.02g (9.1%), Sugar: 4.88g (5.42%), Cholesterol: 1.77mg (0.59%), Sodium: 205.39mg (8.93%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.07%), Fiber: 7.95g (31.81%), Vitamin B3: 5.45mg
(27.23%), Vitamin C: 21.04mg (25.5%), Selenium: 17.83µg (25.47%), Vitamin K: 26.65µg (25.38%), Folate: 94.75µg
(23.69%), Phosphorus: 208.73mg (20.87%), Manganese: 0.41mg (20.72%), Potassium: 722.96mg (20.66%), Vitamin
B6: 0.4mg (20.02%), Copper: 0.39mg (19.57%), Vitamin B5: 1.73mg (17.29%), Vitamin B2: 0.23mg (13.59%), Vitamin
E: 2.04mg (13.57%), Magnesium: 48.77mg (12.19%), Vitamin B1: 0.18mg (11.91%), Vitamin A: 504.95IU (10.1%), Zinc:
1.41mg (9.4%), Iron: 1.57mg (8.73%), Calcium: 62.63mg (6.26%), Vitamin D: 0.25µg (1.68%)