



Pumpkin Tacos

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



16

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon ground ancho chiles
- 3 large ancho chiles dried stemmed seeded thinly sliced
- 2 tablespoons butter
- 15 oz pumpkin puree canned
- 0.5 cup cilantro leaves coarsely chopped
- 36 small corn tortillas (4 in.)
- 3 ounces cream cheese cut in chunks
- 2 cups cabbage green very thinly sliced

- 2 green onions thinly sliced
- 0.3 teaspoon ground allspice
- 0.8 teaspoon kosher salt
- 16 servings kosher salt
- 1.5 tablespoons olive oil
- 1 cranberry-orange relish cut into small wedges
- 0.3 cup orange juice
- 0.5 cup pumpkin seeds salted toasted (pepitas)

Equipment

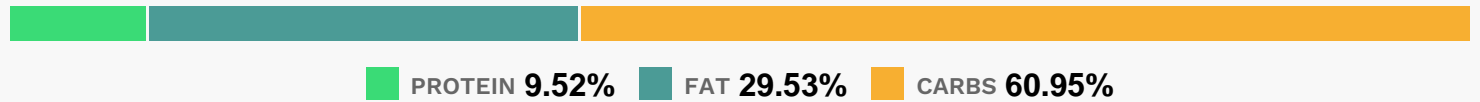
- bowl
- frying pan
- paper towels
- sauce pan
- microwave
- slotted spoon

Directions

- Mix cabbage, cilantro, and onions in a bowl.
- Toast chiles: In a small frying pan over medium heat, cook sliced chiles in oil, stirring often, until some turn reddish brown, 3 to 4 minutes.
- Transfer chiles to paper towels, using a slotted spoon; reserve oil.
- Make spread: In a medium saucepan, cook butter over medium heat, swirling often, until golden, 3 to 5 minutes.
- Add ground chiles and allspice all at once and stir until foamy, about 10 seconds. Reduce heat to low and stir in pumpkin, cream cheese, and salt; cook, stirring, until cheese melts, 1 to 2 minutes.
- Remove from heat. Stir in juice; scrape into a bowl. Just before serving, drizzle with reserved chile oil.

- Warm tortillas: Divide into 2 stacks, wrap in a cloth napkin, and microwave until hot, turning over once, 2 to 3 minutes.
- Set tortillas, spread, slaw, pumpkin seeds, toasted chiles, and orange wedges on a tray and let diners make their own tacos, adding a squeeze of orange and more salt to taste.
- *Buy at a Latino market. Or substitute regular-size tortillas.
- Make ahead: For spread and slaw, 1 day, chilled. Toast chiles the day of serving. Microwave spread until hot, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:22.19, Glycemic Load:12.09, Inflammation Score:-10, Nutrition Score:14.501739107396%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 223.21kcal (11.16%), Fat: 7.75g (11.93%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 28.8g (10.47%), Sugar: 6.11g (6.78%), Cholesterol: 9.13mg (3.04%), Sodium: 367.48mg (15.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin A: 6319.58IU (126.39%), Fiber: 7.21g (28.83%), Phosphorus: 240.57mg (24.06%), Vitamin K: 24.83µg (23.65%), Manganese: 0.41mg (20.3%), Magnesium: 69.95mg (17.49%), Vitamin C: 13.43mg (16.28%), Vitamin B6: 0.23mg (11.43%), Potassium: 371.77mg (10.62%), Iron: 1.82mg (10.13%), Vitamin B2: 0.17mg (9.91%), Vitamin B3: 1.8mg (9.01%), Copper: 0.17mg (8.66%), Zinc: 1.11mg (7.37%), Calcium: 73.18mg (7.32%), Vitamin E: 1.05mg (7%), Selenium: 4.69µg (6.69%), Vitamin B1: 0.09mg (6.09%), Folate: 20.29µg (5.07%), Vitamin B5: 0.34mg (3.39%)