



Roasted-Vegetable Tacos

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 serving olive oil cooking spray
- ☐ 3 ounces mushrooms fresh sliced
- ☐ 1 medium onion cut into wedges
- ☐ 1 medium bell pepper cut lengthwise into eighths
- ☐ 1 medium zucchini cut into 1/4-inch slices
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 ounces monterrey jack cheese shredded

- ☐ 4.6 oz taco shells (12 Count)
- ☐ 0.8 cup salsa
- ☐ 1 serving cilantro leaves fresh chopped

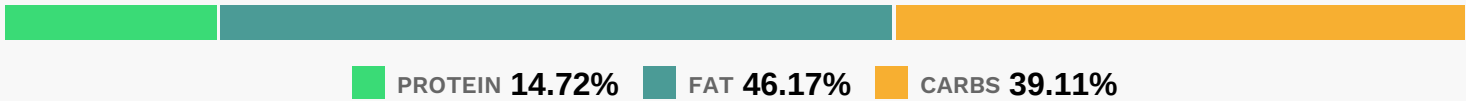
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray.
- ☐ Place mushrooms, onion, bell pepper and zucchini in single layer in pan. Spray with cooking spray.
- ☐ Sprinkle with salt and red pepper.
- ☐ Bake uncovered 20 to 25 minutes, turning vegetables once, until tender.
- ☐ Sprinkle cheese into taco shells. Top with vegetables and salsa.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:9.26, Inflammation Score:-7, Nutrition Score:10.640869573407%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 204.91kcal (10.25%), Fat: 10.78g (16.59%), Saturated Fat: 5.22g (32.61%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 17.28g (6.29%), Sugar: 4.37g (4.86%), Cholesterol: 16.82mg (5.61%), Sodium: 597.04mg (25.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.47%), Vitamin C: 33.51mg (40.62%), Vitamin

A: 1017.55IU (20.35%), Calcium: 183.49mg (18.35%), Phosphorus: 180.29mg (18.03%), Manganese: 0.28mg (13.75%), Vitamin B6: 0.27mg (13.29%), Fiber: 3.27g (13.07%), Vitamin B2: 0.21mg (12.46%), Folate: 42.59µg (10.65%), Potassium: 350.07mg (10%), Magnesium: 39.52mg (9.88%), Vitamin B3: 1.67mg (8.36%), Zinc: 1.25mg (8.3%), Selenium: 5.59µg (7.98%), Vitamin B1: 0.11mg (7.11%), Vitamin E: 0.99mg (6.57%), Copper: 0.13mg (6.28%), Vitamin K: 6.3µg (6%), Iron: 0.96mg (5.34%), Vitamin B5: 0.47mg (4.7%), Vitamin B12: 0.16µg (2.71%)