



Roasted-Vegetable Tacos

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium bell pepper cut lengthwise into eighths
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 6 servings cilantro leaves fresh chopped
- ☐ 3 ounces mushrooms fresh sliced
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 1 medium onion cut into wedges
- ☐ 0.8 cup salsa (any variety)
- ☐ 0.5 teaspoon salt

- ☐ 12 taco shells
- ☐ 1 medium zucchini cut into 1/4-inch slices

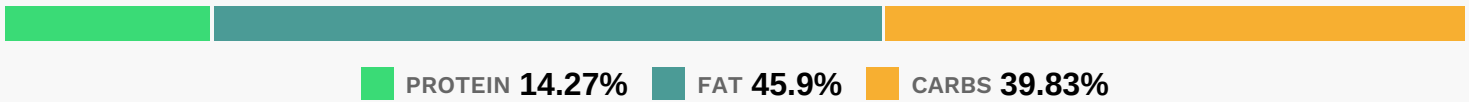
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425F. 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:10.14, Inflammation Score:-7, Nutrition Score:10.877391315025%

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: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 215.58kcal (10.78%), Fat: 11.26g (17.33%), Saturated Fat: 5.38g (33.6%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 18.57g (6.75%), Sugar: 4.41g (4.9%), Cholesterol: 16.82mg (5.61%), Sodium: 604.41mg (26.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Vitamin C: 33.53mg (40.65%), Vitamin A: 1023.56IU (20.47%), Calcium: 185.81mg (18.58%), Phosphorus: 185.61mg (18.56%), Manganese: 0.29mg (14.41%), Fiber: 3.42g (13.69%), Vitamin B6: 0.27mg (13.52%), Vitamin B2: 0.21mg (12.57%), Folate: 44.2µg (11.05%),

Magnesium: 41.42mg (10.36%), Potassium: 355.74mg (10.16%), Vitamin B3: 1.72mg (8.58%), Zinc: 1.28mg (8.55%), Selenium: 5.7µg (8.14%), Vitamin B1: 0.11mg (7.44%), Vitamin E: 1mg (6.69%), Vitamin K: 6.75µg (6.43%), Copper: 0.13mg (6.42%), Iron: 1mg (5.55%), Vitamin B5: 0.47mg (4.71%), Vitamin B12: 0.16µg (2.71%)