



 **94%**
HEALTH SCORE

Seasoned Vegetable Tacos

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots shredded
- 2 teaspoons chili powder
- 1.5 cups whole-kernel corn frozen thawed
- 8 6-inch corn tortillas ()
- 0.5 teaspoon garlic powder
- 4 cups iceberg lettuce shredded
- 15 ounce no-salt-added kidney beans canned
- 4 ounces cheddar cheese shredded reduced-fat

- 0.5 cup no-salt-added salsa
- 0.5 cup nonfat cream sour
- 0.5 teaspoon onion powder
- 0.3 teaspoon ground oregano
- 0.3 teaspoon salt
- 0.3 teaspoon sugar
- 1 cup tomatoes chopped
- 0.5 cup water
- 1 cup zucchini diced

Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Cut 8 (12- x 10-inch) pieces of aluminum foil; fold each piece in half lengthwise. Open foil slightly, and twist ends to form boats.
- Place foil boats on a large baking sheet, flattening bottoms.
- Place corn tortillas inside boats, pressing gently to form shells.
- Bake at 350 for 15 to 20 minutes or until crisp. Set aside.
- Combine corn and next 10 ingredients in a large nonstick skillet; bring to a boil. Cook, uncovered, 5 minutes or until vegetables are tender.
- Place 1/2 cup lettuce in each taco shell. Spoon 1/2 cup corn mixture into each. Top each with 2 tablespoons tomato, 2 tablespoons cheese, 1 tablespoon sour cream, and 1 tablespoon salsa.

Nutrition Facts

PROTEIN 19.39% **FAT 31.3%** **CARBS 49.31%**

Properties

Glycemic Index:73.43, Glycemic Load:17.27, Inflammation Score:-10, Nutrition Score:34.56086944238%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

Nutrients (% of daily need)

Calories: 594.14kcal (29.71%), Fat: 21.83g (33.59%), Saturated Fat: 5.1g (31.89%), Carbohydrates: 77.36g (25.79%), Net Carbohydrates: 60.39g (21.96%), Sugar: 12.22g (13.57%), Cholesterol: 8.54mg (2.85%), Sodium: 568.41mg (24.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.85%), Vitamin A: 6538.99IU (130.78%), Manganese: 1.48mg (74.24%), Fiber: 16.98g (67.9%), Phosphorus: 666.96mg (66.7%), Folate: 238.8µg (59.7%), Magnesium: 176.12mg (44.03%), Vitamin B3: 7.16mg (35.79%), Potassium: 1243.24mg (35.52%), Vitamin K: 36.89µg (35.14%), Vitamin B6: 0.61mg (30.5%), Iron: 5.47mg (30.38%), Copper: 0.59mg (29.71%), Calcium: 282.86mg (28.29%), Vitamin E: 4.17mg (27.81%), Zinc: 3.9mg (26.02%), Vitamin B1: 0.39mg (25.93%), Vitamin B2: 0.4mg (23.62%), Vitamin C: 16.89mg (20.47%), Selenium: 12.28µg (17.54%), Vitamin B5: 1.17mg (11.67%), Vitamin B12: 0.23µg (3.75%)