



Skillet Veggie Tacos



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 12 8-inch flour tortilla fat-free warmed ()
- ☐ 1 cup mushrooms fresh sliced
- ☐ 2 garlic clove minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 jalapeno seeded chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 medium onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 2 bell pepper red coarsely chopped
- ☐ 2 cups pkt spinach fresh chopped
- ☐ 0.8 cup wine sweet

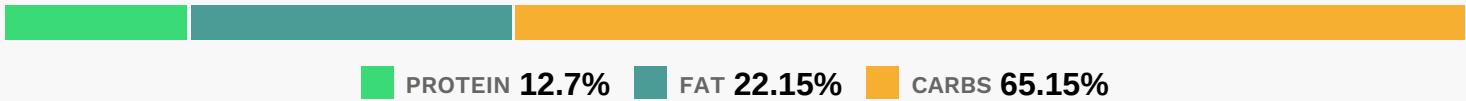
Equipment

- ☐ frying pan

Directions

- ☐ Saut first 5 ingredients in hot oil in a skillet over medium-high heat 5 minutes or until vegetables are tender.
- ☐ Add cumin and oregano; saut 2 minutes.
- ☐ Stir in wine; reduce heat, and simmer 10 minutes or until liquid is reduced by half.
- ☐ Add beans, and cook until thoroughly heated.
- ☐ Add spinach; cook 2 minutes or until spinach wilts.
- ☐ Serve in warm tortillas with cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:10.29, Inflammation Score:-8, Nutrition Score:13.203913031875%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 217.51kcal (10.88%), Fat: 5.13g (7.88%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 29.61g (10.77%), Sugar: 3.86g (4.29%), Cholesterol: 0mg (0%), Sodium: 477.19mg (20.75%), Alcohol: 1.54g (100%), Alcohol %: 1.34% (100%), Protein: 6.61g (13.22%), Vitamin C: 29.45mg (35.7%), Vitamin K: 31.31µg (29.82%), Manganese: 0.49mg (24.55%), Vitamin A: 1108.65IU (22.17%), Vitamin B1: 0.3mg (20.29%), Folate: 79.27µg (19.82%), Selenium: 12.34µg (17.63%), Fiber: 4.32g (17.27%), Iron: 2.94mg (16.31%), Phosphorus: 160.07mg (16.01%), Vitamin B3: 2.93mg (14.66%), Vitamin B2: 0.22mg (12.69%), Calcium: 107.19mg (10.72%), Magnesium: 34.05mg (8.51%), Potassium: 292.25mg (8.35%), Vitamin B6: 0.16mg (8.23%), Copper: 0.16mg (7.76%), Vitamin E: 0.8mg (5.31%), Zinc: 0.64mg (4.29%), Vitamin B5: 0.34mg (3.44%)