



Soft Tacos with Fried Parsley and Lemon

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



512 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 6-inch corn tortillas warmed ()
- 1 bunch curly-leaf parsley
- 1 small optional: lemon thinly sliced
- 4 servings lemon wedges
- 4 cups vegetable oil for frying

Equipment

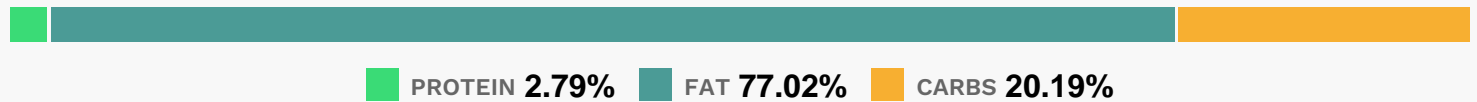
- paper towels
- sauce pan

slotted spoon

Directions

- Heat 1 1/2 inches oil to 375°F in a 2 1/2- to 3-quart saucepan, then fry parsley (use caution; oil will spatter) until leaves are dark green, about 45 seconds.
- Transfer with a slotted spoon to several layers of paper towels and season with salt.
- Return oil to 375°F, then fry lemon slices, stirring occasionally, until golden in spots, 1 to 2 minutes.
- Transfer to paper towels and season with salt.
- Serve parsley and lemon wrapped in tortillas.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:10.66, Inflammation Score:-9, Nutrition Score:13.723478218784%

Flavonoids

Eriodictyol: 5.98mg, Eriodictyol: 5.98mg, Eriodictyol: 5.98mg, Eriodictyol: 5.98mg Hesperetin: 7.81mg, Hesperetin: 7.81mg, Hesperetin: 7.81mg, Hesperetin: 7.81mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 512.03kcal (25.6%), Fat: 45.28g (69.66%), Saturated Fat: 6.91g (43.22%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 22.17g (8.06%), Sugar: 1.28g (1.42%), Cholesterol: 0mg (0%), Sodium: 31.94mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Vitamin K: 313.88µg (298.93%), Vitamin C: 33.79mg (40.96%), Vitamin E: 3.86mg (25.74%), Vitamin A: 1207.62IU (24.15%), Fiber: 4.53g (18.12%), Phosphorus: 176.02mg (17.6%), Magnesium: 46.81mg (11.7%), Manganese: 0.2mg (10.04%), Iron: 1.7mg (9.44%), Vitamin B6: 0.15mg (7.46%), Calcium: 69.07mg (6.91%), Folate: 27.34µg (6.84%), Potassium: 214.3mg (6.12%), Zinc: 0.85mg (5.67%), Copper: 0.11mg (5.58%), Vitamin B3: 0.99mg (4.97%), Vitamin B1: 0.07mg (4.82%), Selenium: 3.3µg (4.71%), Vitamin B2: 0.05mg (3.14%), Vitamin B5: 0.17mg (1.67%)