



 **60%**
HEALTH SCORE

Spiced Black Bean Tacos with Avocado and Goat Cheese

 Vegetarian  Gluten Free  Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons olive oil
- 1 clove garlic
- 1 cup black beans (with liquid)
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground coriander
- 0.3 teaspoon chili powder
- 1 serving salt to taste

- 4 corn tortillas
- 4 corn tortillas
- 1 avocado ripe
- 1 ounces goat cheese
- 1 serving onion red minced
- 1 serving lime wedges
- 1 serving hot sauce
- 1 serving cilantro leaves

Equipment

- frying pan
- pot

Directions

- Place a small pot or skillet over medium-low heat.
- Add the olive oil followed by the minced garlic. Cook for 1 to 2 minutes, just to until the garlic begins to brown.
- Place beans and liquid in a pan with the cumin, coriander, garlic powder, and chili powder.
- Heat over medium-low heat until the majority of the liquid has been absorbed. Taste and add salt as needed.
- Heat the tortillas until soft and cut the avocado into slices. Assemble the tacos with $\frac{1}{4}$ of the bean mixture, a few slices of avocado, a sprinkle of goat cheese, and desired toppings.

Nutrition Facts



PROTEIN 12.13% **FAT 37.58%** **CARBS 50.29%**

Properties

Glycemic Index:148.5, Glycemic Load:24.89, Inflammation Score:-8, Nutrition Score:25.886956735798%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 580.49kcal (29.02%), Fat: 25.44g (39.13%), Saturated Fat: 5.37g (33.56%), Carbohydrates: 76.57g (25.52%), Net Carbohydrates: 55.39g (20.14%), Sugar: 1.78g (1.98%), Cholesterol: 6.52mg (2.17%), Sodium: 210.58mg (9.16%), Alcohol: 0g (100%), Protein: 18.47g (36.95%), Fiber: 21.17g (84.69%), Phosphorus: 543.36mg (54.34%), Folate: 216.78µg (54.19%), Manganese: 0.93mg (46.72%), Magnesium: 170.82mg (42.7%), Copper: 0.65mg (32.58%), Vitamin B6: 0.61mg (30.39%), Potassium: 1017.65mg (29.08%), Vitamin B1: 0.39mg (26.22%), Iron: 4.42mg (24.54%), Vitamin K: 24.25µg (23.09%), Zinc: 3.18mg (21.18%), Vitamin E: 3.09mg (20.59%), Vitamin B3: 3.88mg (19.4%), Vitamin B5: 1.83mg (18.27%), Vitamin B2: 0.31mg (18.25%), Calcium: 151.52mg (15.15%), Vitamin C: 10.9mg (13.21%), Selenium: 8.6µg (12.29%), Vitamin A: 384.72IU (7.69%)