



Spiced Lentil Tacos



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chiles in adobo sauce
- ☐ 1 chipotle chile in adobo sauce finely chopped for less heat (use half)
- ☐ 1 cup brown lentils dried rinsed
- ☐ 1 clove garlic chopped
- ☐ 1.3 cups lettuce shredded
- ☐ 0.5 cup cheddar shredded reduced-fat (2 percent)
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 2.3 ounce taco seasoning
- ☐ 8 taco shells
- ☐ 1 cup tomatoes chopped
- ☐ 2.5 cups vegetable broth

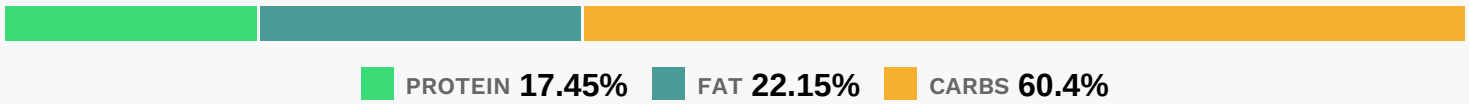
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat oil in large skillet over medium-high heat. Cook onion, garlic and salt until onion begins to soften, 3 to 4 minutes.
- ☐ Add lentils and taco seasoning. Cook until spices are fragrant and lentils are dry, about 1 minute.
- ☐ Add broth; bring to a boil. Reduce heat, cover and simmer until lentils are tender, 25 to 30 minutes.
- ☐ Mix sour cream, chile and adobo sauce in a bowl. Uncover lentils and cook until mixture thickens, 6 to 8 minutes. Mash with a rubber spatula. Spoon 1/4 cup lentil mixture into each taco shell. Top with 2 heaping teaspoons sour cream mixture, lettuce, tomato and cheese.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:66.15, Glycemic Load:15.01, Inflammation Score:-9, Nutrition Score:24.656087153632%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 433.9kcal (21.7%), Fat: 10.9g (16.77%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 66.88g (22.29%), Net Carbohydrates: 45.81g (16.66%), Sugar: 9.19g (10.21%), Cholesterol: 5.55mg (1.85%), Sodium: 2807.13mg (122.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.32g (38.64%), Fiber: 21.07g (84.26%), Folate: 271.16µg (67.79%), Vitamin A: 2363.92IU (47.28%), Manganese: 0.91mg (45.58%), Phosphorus: 395.21mg (39.52%), Vitamin B1: 0.53mg (35.2%), Iron: 5.63mg (31.28%), Magnesium: 94.06mg (23.51%), Vitamin C: 18.36mg (22.25%), Zinc: 3.26mg (21.75%), Potassium: 746.44mg (21.33%), Vitamin B6: 0.42mg (20.83%), Calcium: 167.06mg (16.71%), Copper: 0.33mg (16.51%), Vitamin K: 15.39µg (14.65%), Selenium: 9.11µg (13.02%), Vitamin B2: 0.22mg (12.94%), Vitamin B5: 1.16mg (11.6%), Vitamin B3: 2.04mg (10.19%), Vitamin E: 1.23mg (8.21%), Vitamin B12: 0.16µg (2.59%)