

**73%**
HEALTH SCORE

Spicy Portobello Vegan Tacos with Cilantro Crema and Mexican Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN

**90 min.**

SERVINGS

**2**

CALORIES

**1707 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3.5 cups tomatoes diced canned
- ☐ 0.5 teaspoon cayenne
- ☐ 6 tablespoons chili powder hot (mild, medium, or , depending on your heat preference)
- ☐ 0.5 cup lightly cilantro packed
- ☐ 2 servings corn tortillas homemade store-bought (or)
- ☐ 1 bay leaf dried crushed

- ☐ 18 ounce dairy-free yogurt plain (So Delicious Cultured Coconut Milk] used here)
- ☐ 1 garlic clove peeled
- ☐ 2 garlic cloves peeled
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon ground cumin
- ☐ 1 jalapeño stemmed
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 cups rice long grain uncooked
- ☐ 3 tablespoons oil well (sunflower, canola or grapeseed will work)
- ☐ 2 servings pico de gallo homemade store-bought (or)
- ☐ 6 ounces portobello mushroom thick sliced (1 large or 2 smaller)
- ☐ 2 servings salt to taste
- ☐ 2 tablespoons vegetable bouillon gluten-free organic (for , try Gourmet Vegetable Bouillon)
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons vinegar
- ☐ 2 tablespoons water
- ☐ 0.3 large onion diced white finely

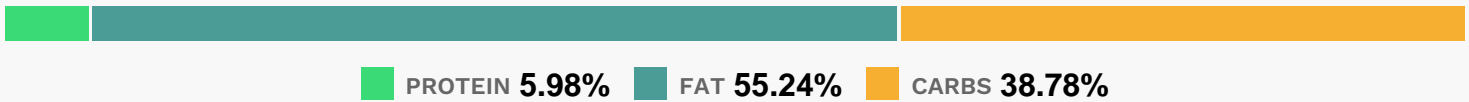
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ In a blender or food processor, combine two containers of the yogurt, and blend until smooth.
- ☐ Add salt to taste.If too spicy, crack open the third yogurt, and blend in more until your desired level of heat is reached. Keep in mind, it will take on more heat as it chills.Chill for one hour or more in the refrigerator.In a medium-sized bowl, mix the oil, chili powder, salt, garlic powder, cayenne, cumin, garlic, and bay leaf.
- ☐ Add the sliced portobello mushrooms, and generously coat them in the marinade. Cover and chill at least 1 hour, stirring occasionally.
- ☐ Place a wire rack over a foil-lined 9x13-inch pan.
- ☐ Spread the marinated portobello mushrooms out on the rack, and discard any excess marinade.
- ☐ Place the mushrooms in the oven approximately 5 inches from the heat/broiler and broil for 4 to 5 minutes, or until softened and just beginning to caramelize – watch carefully to avoid burning!
- ☐ Heat a large skillet over medium heat.
- ☐ Add the oil and onion, and saut for 1 minute.
- ☐ Add the uncooked rice, stir for 30 seconds to a minute.
- ☐ Add garlic and stir to briefly cook.Stir in the diced tomatoes, ground cumin, and bouillon.Cover and let the rice cook over medium heat for 25 minutes.Reduce the heat to low, uncover and stir. Taste and add salt to taste, if needed.Cover again and cook for 3 minutes more before serving.Warm the corn tortillas (if not made fresh) and top with the Mexican Rice, followed by the Spicy Portobellos, the Pico de Gallo and finally drizzle with the Cilantro Crema.If desired, serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:281.84, Glycemic Load:80.46, Inflammation Score:-10, Nutrition Score:60.682173612325%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 1707.08kcal (85.35%), Fat: 109.6g (168.62%), Saturated Fat: 55.15g (344.68%), Carbohydrates: 173.13g (57.71%), Net Carbohydrates: 154.54g (56.2%), Sugar: 17.63g (19.58%), Cholesterol: 0mg (0%), Sodium: 2041.72mg (88.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.38%), Manganese: 4.75mg (237.42%), Vitamin A: 8337.43IU (166.75%), Vitamin E: 18.79mg (125.28%), Iron: 21.11mg (117.29%), Vitamin K: 117.72µg (112.12%), Copper: 1.78mg (89.1%), Vitamin B6: 1.68mg (84%), Phosphorus: 778.16mg (77.82%), Fiber: 18.59g (74.38%), Potassium: 2529.76mg (72.28%), Vitamin B3: 14.27mg (71.37%), Vitamin C: 57.65mg (69.88%), Magnesium: 274.29mg (68.57%), Selenium: 45.82µg (65.46%), Vitamin B2: 0.7mg (41.05%), Zinc: 5.75mg (38.33%), Calcium: 381.96mg (38.2%), Vitamin B5: 3.64mg (36.43%), Vitamin B1: 0.54mg (35.94%), Folate: 121.87µg (30.47%), Vitamin D: 0.26µg (1.7%)