



Spicy Potato Tacos

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup pre- mushrooms
- ☐ 6 servings onion red chopped for serving
- ☐ 16 ounce red-skin potatoes diced pre-cooked
- ☐ 16 ounce vegetarian refried beans canned
- ☐ 0.8 cup cilantro salsa plus more for serving
- ☐ 1 teaspoon fajita seasoning
- ☐ 0.3 cup mexican blend cheese reduced-fat
- ☐ 5.8 ounce corn taco shells white

☐ 1 tablespoon vegetable oil

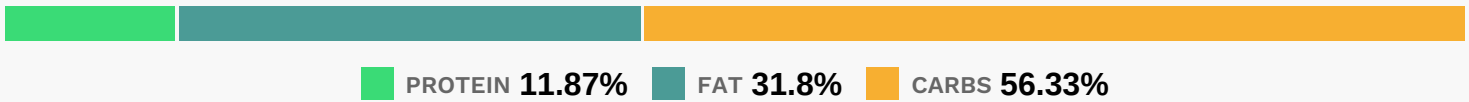
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F. Line a baking sheet with foil; set aside.
- ☐ In a large mixing bowl, stir together oil and fajita seasoning.
- ☐ Add potatoes and mushrooms and toss until well coated.
- ☐ Transfer to prepared baking sheet and arrange in a single layer.
- ☐ Sprinkle with cheese and bake for 15 minutes.
- ☐ Remove and set aside.
- ☐ Meanwhile, stir together beans and salsa in microwave-safe bowl. Cover with a damp paper towel and microwave on HIGH for 3 minutes; set aside.
- ☐ Heat taco shells in oven for 3 to 5 minutes.
- ☐ Spoon beans into heated taco shells. Top with potato mixture and garnish with red onion, tomato, and lettuce.
- ☐ Serve immediately with salsa.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:12.63, Inflammation Score:-5, Nutrition Score:9.8321738735489%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 290.09kcal (14.5%), Fat: 10.25g (15.76%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 33.5g (12.18%), Sugar: 4.83g (5.36%), Cholesterol: 5.91mg (1.97%), Sodium: 788.71mg (34.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Fiber: 7.33g (29.31%), Manganese: 0.35mg (17.35%), Phosphorus: 156.01mg (15.6%), Potassium: 533.67mg (15.25%), Vitamin K: 15.35µg (14.62%), Vitamin B6: 0.26mg (13.16%), Calcium: 123.61mg (12.36%), Iron: 2.2mg (12.22%), Magnesium: 48.85mg (12.21%), Vitamin B3: 2.08mg (10.4%), Folate: 38.12µg (9.53%), Vitamin B1: 0.14mg (9.44%), Copper: 0.19mg (9.3%), Vitamin C: 7.38mg (8.95%), Zinc: 1.01mg (6.72%), Vitamin B2: 0.11mg (6.61%), Vitamin E: 0.95mg (6.3%), Vitamin A: 283.7IU (5.67%), Selenium: 3.71µg (5.29%), Vitamin B5: 0.42mg (4.21%), Vitamin B12: 0.08µg (1.33%)