



Spicy Veggie Tacos with Chunky Guacamole



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



139 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp celery salt
- ☐ 1 tbsp chilli powder
- ☐ 1 tsp cornflour
- ☐ 1 tsp garlic powder
- ☐ 1 tsp ground cumin
- ☐ 1 large onion sliced
- ☐ 1 tsp oregano
- ☐ 1 tsp paprika

- ☐ 0.5 bell pepper red sliced
- ☐ 1 tsp salt
- ☐ 1 tsp sugar
- ☐ 454 g veggie mince frozen

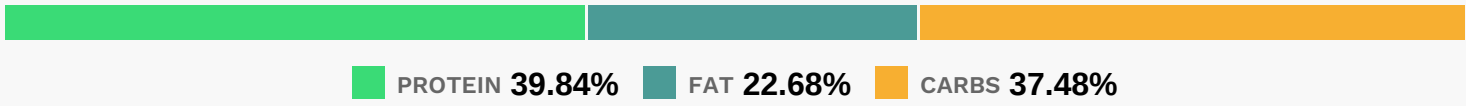
Equipment

- ☐ frying pan

Directions

- ☐ Saute the onion and peppers in the oil for 1 minute in a large pan.
- ☐ Add the veggie mince and cook gently for 5 minutes.
- ☐ Add the spices and stir well to combine.
- ☐ Add 200ml of water to the pan. Bring it to the boil and cook for 4–5 minutes, The mixture will thicken.
- ☐ Keep warm until you are ready to load up the tacos.
- ☐ Serve with shredded iceberg lettuce, sour cream, guacamole and grated cheddar.

Nutrition Facts



Properties

Glycemic Index:26.52, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:17.615217281424%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 138.92kcal (6.95%), Fat: 3.67g (5.64%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 8.29g (3.01%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 736.86mg (32.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.49g (28.98%), Vitamin B12: 6.28µg (104.67%), Vitamin B1: 0.97mg

(64.5%), Vitamin B3: 9.14mg (45.69%), Vitamin B6: 0.73mg (36.5%), Iron: 4.8mg (26.65%), Fiber: 5.35g (21.4%), Vitamin C: 15.13mg (18.34%), Vitamin A: 904.47IU (18.09%), Phosphorus: 178.82mg (17.88%), Vitamin B2: 0.18mg (10.68%), Potassium: 273.84mg (7.82%), Zinc: 1.11mg (7.38%), Manganese: 0.13mg (6.72%), Vitamin E: 0.86mg (5.72%), Vitamin K: 4.28µg (4.08%), Folate: 12.33µg (3.08%), Calcium: 29.11mg (2.91%), Magnesium: 11.41mg (2.85%), Copper: 0.05mg (2.46%), Selenium: 0.93µg (1.33%), Vitamin B5: 0.11mg (1.07%)