



Sweet Potato and Black Bean Tacos

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium sweet potatoes and into peeled cut into 1/2-inch pieces
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 0.3 teaspoon salt
- 0.3 cup cream sour
- 1 tablespoons chipotles in adobo finely chopped (from 7-oz can)
- 2 juice of lime
- 2 cups cabbage shredded red

- 15 oz black beans rinsed drained canned
- 2 cloves garlic finely chopped
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 0.3 cup cilantro leaves fresh
- 1 serving lime wedges

Equipment

- bowl
- frying pan
- baking paper
- oven
- aluminum foil

Directions

- Heat oven to 400°F. Line 15x10x1-inch pan with foil or cooking parchment paper.
- In large bowl, toss sweet potatoes with 1 tablespoon of the oil, the cumin and salt.
- Place potatoes in single layer on pan. Roast 30 minutes or until tender and light golden brown around edges.
- Meanwhile, in medium bowl, mix sour cream, half of the lime juice and 1 tablespoon of the chipotle chiles (add more chiles for spicier slaw).
- Add shredded cabbage; toss to coat. Cover; refrigerate until serving time.
- In 10-inch skillet, heat remaining 1 tablespoon oil over medium heat.
- Add garlic; cook and stir 30 seconds or until lightly toasted.
- Add black beans; cook, stirring occasionally, until thoroughly heated. Stir in remaining lime juice.
- To assemble tacos, spoon sweet potatoes and black beans onto each warmed tortilla. Top with chipotle slaw and cilantro. Fold tortilla in half over filling.
- Serve with lime wedges.

Nutrition Facts



■ PROTEIN 11.36% ■ FAT 28.44% ■ CARBS 60.2%

Properties

Glycemic Index:55.75, Glycemic Load:21.2, Inflammation Score:-10, Nutrition Score:27.715652090052%

Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 496.05kcal (24.8%), Fat: 15.93g (24.51%), Saturated Fat: 4.72g (29.49%), Carbohydrates: 75.89g (25.3%), Net Carbohydrates: 61.64g (22.41%), Sugar: 9.78g (10.87%), Cholesterol: 11.31mg (3.77%), Sodium: 1063.46mg (46.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.65%), Vitamin A: 16733.37IU (334.67%), Fiber: 14.25g (56.99%), Manganese: 0.99mg (49.28%), Vitamin C: 36.47mg (44.21%), Vitamin B1: 0.57mg (38.15%), Folate: 143.3µg (35.83%), Phosphorus: 322.98mg (32.3%), Iron: 5.71mg (31.71%), Vitamin K: 30.96µg (29.49%), Potassium: 951.06mg (27.17%), Vitamin B2: 0.43mg (25.32%), Selenium: 16.26µg (23.23%), Copper: 0.46mg (23.08%), Vitamin B6: 0.46mg (22.89%), Magnesium: 90.96mg (22.74%), Vitamin B3: 4.13mg (20.64%), Calcium: 205.72mg (20.57%), Vitamin B5: 1.36mg (13.58%), Vitamin E: 1.5mg (10%), Zinc: 1.44mg (9.61%)