



HEALTH SCORE

51%

## Sweet Potato and Black Bean Tacos with Swiss Chard Pesto



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 large avocado diced
- ☐ 19 ounce black beans drained and rinsed canned
- ☐ 1 tablespoon chipotle chili powder
- ☐ 4 servings cilantro leaves to taste
- ☐ 12 corn tortillas warmed
- ☐ 1 teaspoon cumin seeds toasted
- ☐ 1 clove garlic chopped

- ☐ 4 servings lime wedges to taste
- ☐ 1 tablespoon oil
- ☐ 1 small onion diced
- ☐ 0.3 cup queso fresco crumbled
- ☐ 2 large sweet potatoes dried scrubbed cut into 1/2 inch cubes
- ☐ 1 batch swiss chard pesto

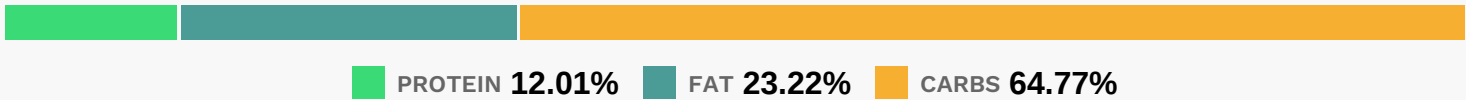
## Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Toss the sweet potato in the oil, chili powder and cumin, place on a baking sheet in a single layer and roast in a preheated 400F oven until tender, about 30–40 minutes. Meanwhile, heat the oil in a small sauce pan over medium heat.
- ☐ Add the onion and saute until tender, about 3–5 minutes.
- ☐ Add the garlic, chili powder and cumin and saute until fragrant, about 1 minute.
- ☐ Add the beans and cook until warm, a few minutes. Assemble tacos and enjoy.

## Nutrition Facts



## Properties

Glycemic Index:76.63, Glycemic Load:32.88, Inflammation Score:-10, Nutrition Score:37.223043156707%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin:

0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 591.16kcal (29.56%), Fat: 15.84g (24.38%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 99.46g (33.15%), Net Carbohydrates: 75.5g (27.46%), Sugar: 9.36g (10.39%), Cholesterol: 5.26mg (1.75%), Sodium: 766.57mg (33.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.89%), Vitamin A: 25600.61IU (512.01%), Vitamin K: 118.32µg (112.69%), Fiber: 23.96g (95.83%), Manganese: 1.21mg (60.46%), Phosphorus: 546.2mg (54.62%), Magnesium: 178.75mg (44.69%), Potassium: 1509.8mg (43.14%), Vitamin B6: 0.82mg (41.1%), Copper: 0.79mg (39.46%), Folate: 151.76µg (37.94%), Iron: 5.8mg (32.21%), Vitamin B1: 0.45mg (30.28%), Vitamin B2: 0.43mg (25.39%), Vitamin B5: 2.49mg (24.85%), Calcium: 233.65mg (23.37%), Vitamin E: 3.36mg (22.38%), Vitamin C: 18.24mg (22.11%), Vitamin B3: 4.16mg (20.8%), Zinc: 2.97mg (19.8%), Selenium: 9.94µg (14.2%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.21µg (1.37%)