



HEALTH SCORE

67%

Taco Bar for a Party



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups chile colorado fandango
- ☐ 6 servings lone star cilantro-jalapeño mayonnaise
- ☐ 36 corn tortillas (6 to 8 in.)
- ☐ 3 cups lone star fish
- ☐ 3 cups chope's ground beef with potato
- ☐ 6 servings salsas and sauces (choices follow)
- ☐ 6 servings lone star pico de gallo
- ☐ 6 servings la super-rica pinto beans

- ☐ 3 cups café azul rajas con queso
- ☐ 3 cups yuca's achiote roast chicken with red onions en escabeche
- ☐ 6 servings condiments and vegetables (choices follow)
- ☐ 6 servings café pasqual's three-chili salsa
- ☐ 6 servings café azul tomatillo-avocado salsa
- ☐ 3 cups café pasqual's barbacoa
- ☐ 3 fillings
- ☐ 3 cups la taqueria carnitas
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Equipment

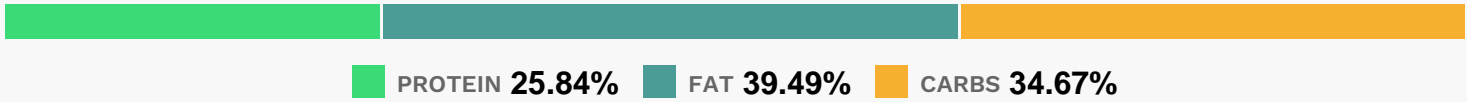
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Warm tortillas, without crowding, in a single layer on a medium-hot griddle or in a 10- to 12-inch frying pan over medium-high heat, turning once, until hot and flexible, 30 to 60 seconds per tortilla. As they're heated, stack in a basket lined with a thick towel (or in an insulated tortilla warmer); add more tortillas to griddle. Or divide tortillas into 3 equal stacks, seal each stack in foil, and heat in a 350 oven until hot in the center, 12 to 15 minutes; unwrap and stack in a towel-lined basket.
- ☐ Place fillings, salsas, sauces, condiments, vegetables, and beans in separate containers and arrange on buffet (see notes); keep those that need to be warm on an electric warming tray or over a candle (stir occasionally to prevent scorching).
- ☐ To assemble each taco, stack 2 tortillas on a plate and spoon filling down the center; add salsas, sauces, condiments, and vegetables to taste, and fold tortillas over filling to enclose. If desired, wrap with a napkin, and hold to eat.

☐ Condiments and vegetables: 2 cups total (about 10 oz.) crumbled cotija cheese and/or shredded white or yellow cheddar cheese or jack cheese; 1 1/2 cups Mexican crema, jocoque, or sour cream; 6 cups total shredded iceberg lettuce, a mix of romaine lettuce and red cabbage, or green and red cabbage; 1 1/2 cups chopped onions (taquerias typically use those with white skins); 1 cup minced fresh cilantro; 2 cups diced firm-ripe tomatoes; 2 firm-ripe avocados (1 lb. total), peeled and coarsely mashed with 2 tablespoons lime juice; and 3 limes (3/4 lb. total), rinsed and each cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:40.02, Inflammation Score:-10, Nutrition Score:63.281304235044%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1486.4kcal (74.32%), Fat: 65.92g (101.42%), Saturated Fat: 28g (175.01%), Carbohydrates: 130.2g (43.4%), Net Carbohydrates: 106.62g (38.77%), Sugar: 19.24g (21.38%), Cholesterol: 281.44mg (93.81%), Sodium: 2968.65mg (129.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 97.05g (194.1%), Phosphorus: 2179.79mg (217.98%), Vitamin C: 124.33mg (150.7%), Selenium: 99.43µg (142.04%), Vitamin A: 6911.38IU (138.23%), Vitamin B3: 19.97mg (99.83%), Vitamin B6: 1.91mg (95.71%), Fiber: 23.57g (94.3%), Zinc: 11.66mg (77.7%), Vitamin B12: 4.48µg (74.66%), Calcium: 697.73mg (69.77%), Manganese: 1.37mg (68.3%), Potassium: 2358.46mg (67.38%), Magnesium: 265.35mg (66.34%), Folate: 241.08µg (60.27%), Vitamin B2: 0.94mg (55.08%), Iron: 9.5mg (52.76%), Vitamin B1: 0.63mg (42.01%), Copper: 0.83mg (41.46%), Vitamin B5: 2.54mg (25.43%), Vitamin D: 3.78µg (25.2%), Vitamin E: 3.18mg (21.18%), Vitamin K: 19µg (18.09%)