

Tacos de Acelgas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons corn oil for frying
- ☐ 32 6-inch corn tortillas (size works best)
- ☐ 1 teaspoon garlic minced
- ☐ 8 servings pepper black freshly ground
- ☐ 0.8 cup monterrey jack cheese shredded crumbled
- ☐ 0.5 cup onion chopped
- ☐ 1 pound swiss chard fresh white red washed and chopped
- ☐ 3 pounds tomatoes fresh peeled seeded

Equipment

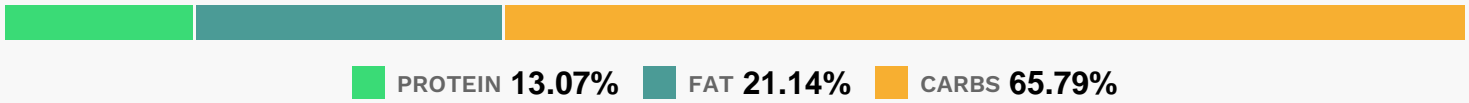
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ blender
- ☐ microwave
- ☐ kitchen towels
- ☐ tongs

Directions

- ☐ Preheat the oven to 200°F. Line a baking sheet with paper towels.
- ☐ Place a wire rack over another baking sheet.
- ☐ Purée the tomatoes and garlic in a blender or a food processor. If necessary, add up to 1/2 cup water to facilitate blending.
- ☐ Heat 2 tablespoons oil in a large skillet over medium heat.
- ☐ Add the purée, season with salt and pepper to taste, and bring to a simmer. Cook until thick, about 25 minutes, stirring occasionally.
- ☐ While tomato purée is reducing, fill a large pot with water and bring to a boil.
- ☐ Add the chard and cook for 10 minutes, until tender.
- ☐ Drain thoroughly.
- ☐ Heat 2 tablespoons oil in a medium skillet over medium heat.
- ☐ Add the onion and cook, stirring occasionally, until translucent.
- ☐ Add the chard and minced garlic, and season with salt and pepper. Cook for 10 to 15 minutes, stirring occasionally, until the filling is very dry and well flavored.

- ☐ Remove from the heat.
- ☐ Wrap 8 tortillas at a time in a clean, damp kitchen towel.
- ☐ Heat them in the microwave for 1 1/2 to 2 minutes on high, until they are steamy and pliable.
- ☐ Remove 1 tortilla from the bundle and lay out flat. (Keep the rest well wrapped in the towel.) Fill the tortilla with 1 to 2 tablespoons of the chard and roll up tightly.
- ☐ Place the taco on a baking sheet, with the curved edge of the tortilla underneath. Dampen, warm, fill, and shape the remaining tortillas into tacos in this fashion.
- ☐ Heat 1/2 inch oil in a large skillet over medium-high heat until hot but not smoking.
- ☐ Place the tacos one by one in the hot oil, with the curved edge still underneath. Fry for 1 to 2 minutes, then gently turn over with tongs and fry the other side about 1 minute, until crisp.
- ☐ Remove from the oil and drain on the paper towel-lined sheet pan.
- ☐ Place all the tacos on a serving platter, pour the warm tomato purée over the top, and sprinkle with the cheese.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:22.52, Inflammation Score:-10, Nutrition Score:26.412173920352%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 324.81kcal (16.24%), Fat: 8.04g (12.37%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 56.32g (18.77%), Net Carbohydrates: 46.61g (16.95%), Sugar: 6.49g (7.22%), Cholesterol: 9.43mg (3.14%), Sodium: 240.12mg (10.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.37%), Vitamin K: 485.11µg (462.01%), Vitamin A: 4968.95IU (99.38%), Vitamin C: 41.17mg (49.9%), Phosphorus: 444.13mg (44.41%), Fiber: 9.7g (38.81%), Manganese: 0.77mg (38.68%), Magnesium: 143.64mg (35.91%), Potassium: 837.47mg (23.93%), Vitamin B6: 0.45mg (22.26%), Calcium: 212.62mg (21.26%), Copper: 0.37mg (18.59%), Vitamin E: 2.52mg (16.8%), Iron: 2.87mg (15.96%), Zinc: 2.2mg (14.64%), Vitamin B3: 2.82mg (14.11%), Vitamin B1: 0.19mg (12.69%), Selenium: 8.5µg (12.14%),

Vitamin B2: 0.2mg (11.5%), Folate: 42.49µg (10.62%), Vitamin B5: 0.4mg (4%), Vitamin B12: 0.09µg (1.47%)