

Tasty Lentil Tacos



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 1.7 cups chicken broth
- ☐ 0.7 cup lentils dried rinsed
- ☐ 1 small clove garlic minced
- ☐ 0.7 cup onion finely chopped
- ☐ 0.7 cup salsa
- ☐ 1 tablespoon taco seasoning to taste
- ☐ 12 taco shells

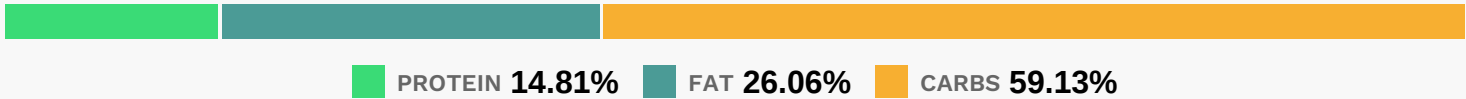
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a skillet over medium heat; cook and stir onion and garlic until tender, about 5 minutes.
- ☐ Mix lentils and taco seasoning into onion mixture; cook and stir for 1 minute.
- ☐ Cover lentils with chicken broth and bring to a boil. Reduce heat to low; cover and simmer until lentils are tender, 25 to 30 minutes.
- ☐ Uncover and cook until mixture is slightly thickened, 6 to 8 minutes. Mash lentils slightly; stir in salsa.
- ☐ Serve about 1/4 cup lentil mixture in each taco shell; top with lettuce, tomatoes, Cheddar cheese, and sour cream.

Nutrition Facts



Properties

Glycemic Index:24.93, Glycemic Load:11.24, Inflammation Score:-6, Nutrition Score:10.565652037444%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 216.37kcal (10.82%), Fat: 6.34g (9.75%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 23.33g (8.48%), Sugar: 3.01g (3.35%), Cholesterol: 1.31mg (0.44%), Sodium: 545.14mg (23.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.21%), Fiber: 9.03g (36.1%), Folate: 123.29µg (30.82%), Manganese: 0.51mg (25.72%), Vitamin B1: 0.27mg (18.07%), Phosphorus: 169.91mg (16.99%), Magnesium: 52.84mg (13.21%), Iron: 2.24mg (12.46%), Vitamin B6: 0.24mg (12.11%), Potassium: 373.42mg (10.67%), Zinc: 1.55mg (10.3%), Copper: 0.17mg (8.74%), Vitamin B3: 1.5mg (7.48%), Vitamin B2: 0.12mg (6.9%), Vitamin B5: 0.55mg (5.46%),

Calcium: 51.64mg (5.16%), Selenium: 3.6µg (5.15%), Vitamin E: 0.77mg (5.13%), Vitamin K: 4.9µg (4.67%), Vitamin A: 191.86IU (3.84%), Vitamin C: 3.15mg (3.81%)