



Three-Bean Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup black beans canned rinsed drained
- ☐ 1 cup chickpeas canned rinsed drained (garbanzo beans)
- ☐ 0.5 cup pinto beans canned rinsed drained
- ☐ 1 tablespoon chili powder
- ☐ 1 garlic clove minced
- ☐ 0.5 cup bell pepper diced green
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 cup iceberg lettuce shredded

- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion diced
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.5 cup salsa
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat finely
- ☐ 12 taco shells
- ☐ 0.8 cup tomatoes diced
- ☐ 8 ounce no-salt-added tomato sauce canned

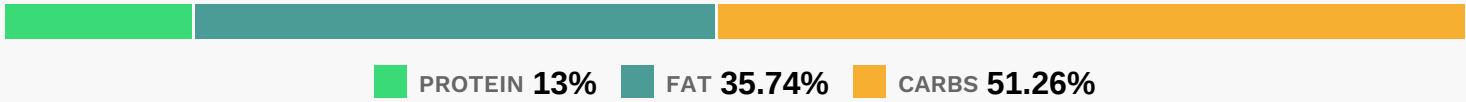
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add onion and next 6 ingredients (onion through garlic), and saut 2 minutes.
- ☐ Add chickpeas, beans, and tomato sauce. Bring to a boil; reduce heat, and simmer 20 minutes or until thick.
- ☐ Prepare taco shells according to package directions. Spoon 1/4 cup bean mixture into each taco shell. Top each with lettuce, 1 tablespoon tomato, 2 teaspoons cheese, and 2 teaspoons salsa.

Nutrition Facts



Properties

Glycemic Index:33.69, Glycemic Load:6.35, Inflammation Score:-7, Nutrition Score:7.5078261520552%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 125.67kcal (6.28%), Fat: 5.18g (7.96%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 12.97g (4.72%), Sugar: 2.73g (3.03%), Cholesterol: 4.72mg (1.57%), Sodium: 328.27mg (14.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Vitamin C: 17.22mg (20.87%), Manganese: 0.34mg (16.91%), Fiber: 3.73g (14.92%), Vitamin A: 708.82IU (14.18%), Vitamin B6: 0.22mg (10.88%), Phosphorus: 96.96mg (9.7%), Calcium: 77.12mg (7.71%), Potassium: 269.89mg (7.71%), Magnesium: 30.85mg (7.71%), Folate: 30.62µg (7.65%), Vitamin K: 7.91µg (7.53%), Vitamin E: 1.11mg (7.43%), Iron: 1.31mg (7.3%), Copper: 0.12mg (5.9%), Vitamin B1: 0.08mg (5.06%), Zinc: 0.72mg (4.8%), Vitamin B2: 0.08mg (4.73%), Vitamin B3: 0.89mg (4.43%), Selenium: 2.76µg (3.95%), Vitamin B5: 0.23mg (2.29%)