



HEALTH SCORE

100%

Vegan Red Kale Tacos



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups almonds for 4-6 hours (soaked)
- ☐ 1 avocado
- ☐ 1 cup cashew pieces for 4-6 hrs (soaked)
- ☐ 2 cup cherry tomatoes
- ☐ 5 tablespoons cilantro leaves chopped
- ☐ 0.3 bunch of cilantro leaves
- ☐ 1 clove garlic
- ☐ 2 cloves garlic

- ☐ 1 quarter size piece of ginger
- ☐ 1 chilies green mini
- ☐ 2.5 tablespoons ground coriander
- ☐ 2.5 tablespoons ground cumin
- ☐ 4 leaves kale red
- ☐ 1 small optional: lemon
- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoons nutritional yeast
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 4 tablespoons so delicious greek cultured coconut milk yogurt plain
- ☐ 1 cup sun tomatoes dried for 1 hour (soaked)
- ☐ 2 cups walnuts for 4-6 hours (soaked)
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Add all ingredients except the water in the blender, blend and add the water in to assist the blender with blending the mixture.
- ☐ Place in the fridge until ready to serve.
- ☐ Cut open the avocado and scoop out the seed, then scoop the meat out.
- ☐ Place the avocado meat in a bowl and mash until a thick creamy consistency is formed. Squeeze a little lemon juice and stir into the mashed avocado.
- ☐ Place your red kale leaves on a plate, then scoop the nut meat onto the leaf, add the salsa, sour cream, and guacamole on top.
- ☐ Add chopped red and yellow bell peppers if you want to get fancy.

Nutrition Facts

PROTEIN 12.42% FAT 67.15% CARBS 20.43%

Properties

Glycemic Index:81.68, Glycemic Load:8.39, Inflammation Score:-10, Nutrition Score:58.305217079494%

Flavonoids

Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 6.69mg, Eriodictyol: 6.69mg, Eriodictyol: 6.69mg, Eriodictyol: 6.69mg Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 1209.24kcal (60.46%), Fat: 98.16g (151.02%), Saturated Fat: 10.16g (63.49%), Carbohydrates: 67.18g (22.39%), Net Carbohydrates: 41.62g (15.14%), Sugar: 21.22g (23.58%), Cholesterol: 0.75mg (0.25%), Sodium: 2140.37mg (93.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.85g (81.7%), Manganese: 5.14mg (256.99%), Copper: 3.02mg (150.85%), Vitamin E: 20.75mg (138.33%), Magnesium: 488.41mg (122.1%), Fiber: 25.56g (102.23%), Phosphorus: 950.3mg (95.03%), Vitamin C: 67.46mg (81.77%), Vitamin K: 82.25µg (78.33%), Potassium: 2658.52mg (75.96%), Iron: 13.45mg (74.74%), Vitamin B2: 1.25mg (73.6%), Vitamin B1: 0.75mg (50.32%), Zinc: 7.39mg (49.28%), Vitamin B6: 0.93mg (46.41%), Folate: 180.88µg (45.22%), Calcium: 422.32mg (42.23%), Vitamin B3: 7.82mg (39.11%), Vitamin A: 1889.6IU (37.79%), Selenium: 17.37µg (24.81%), Vitamin B5: 2.47mg (24.67%), Vitamin B12: 0.1µg (1.75%)