



Vegetarian Picadillo Tacos



Vegetarian



Dairy Free

READY IN



28 min.

SERVINGS



15

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz meatless patty frozen
- ☐ 2 carrots diced
- ☐ 1 to 2 chipotle peppers in adobo sauce canned minced
- ☐ 15 servings garnish: cilantro sprigs fresh
- ☐ 8 8-inch flour tortillas warmed soft ()
- ☐ 1 small onion diced
- ☐ 2 plum tomatoes diced
- ☐ 0.5 teaspoon salt

☐ 1 tablespoon vegetable oil

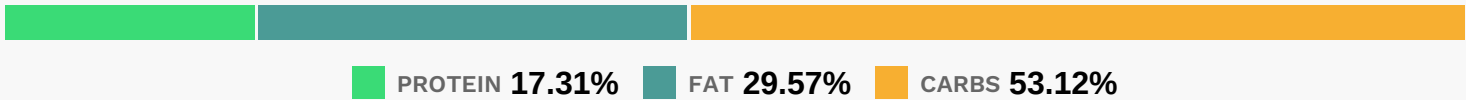
Equipment

☐ frying pan

Directions

- ☐ Cook meatless crumbles in hot oil in a large skillet over medium-high heat, stirring often, 3 to 4 minutes. Stir in carrots, onion, and salt; saut 5 minutes.
- ☐ Add tomatoes and chipotle peppers, and cook, stirring occasionally, 3 to 4 minutes or until tomatoes begin to soften.
- ☐ Serve mixture with warm tortillas.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:13.99, Glycemic Load:5.37, Inflammation Score:-8, Nutrition Score:9.9143478663071%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 138.77kcal (6.94%), Fat: 4.55g (7%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 15.81g (5.75%), Sugar: 2.12g (2.36%), Cholesterol: 1.13mg (0.38%), Sodium: 413.02mg (17.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.99%), Vitamin B1: 0.75mg (49.9%), Vitamin A: 1438.14IU (28.76%), Manganese: 0.38mg (18.89%), Selenium: 11.22µg (16.03%), Folate: 57.42µg (14.36%), Vitamin B3: 2.19mg (10.94%), Phosphorus: 108.98mg (10.9%), Fiber: 2.57g (10.29%), Iron: 1.62mg (8.98%), Vitamin B2: 0.14mg (8.22%), Vitamin B12: 0.46µg (7.6%), Calcium: 75.26mg (7.53%), Vitamin K: 6.63µg (6.32%), Vitamin B6: 0.11mg (5.42%), Magnesium: 21.06mg (5.27%), Potassium: 162.49mg (4.64%), Copper: 0.08mg (4.21%), Vitamin C: 3.01mg (3.64%), Zinc: 0.47mg (3.15%), Vitamin E: 0.23mg (1.52%), Vitamin B5: 0.15mg (1.46%)