



Veggie Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup garbanzo beans canned drained
- ☐ 28 ounces canned tomatoes canned
- ☐ 8 ounces cheddar cheese grated
- ☐ 1 tablespoon chili powder
- ☐ 1.5 teaspoons coarse salt
- ☐ 1.5 teaspoons cumin
- ☐ 0.5 cup kidney beans canned drained
- ☐ 1 small eggplant cut into 1/2-inch cubes

- ☐ 2 cloves garlic finely chopped
- ☐ 2 cups lettuce shredded finely
- ☐ 6 tablespoons olive oil
- ☐ 0.8 cup onion diced
- ☐ 0.3 cup parsley chopped
- ☐ 4 plum tomatoes diced ripe
- ☐ 1 cup bell pepper diced red
- ☐ 1 cup onion diced red
- ☐ 8 servings salt and pepper to taste
- ☐ 8 ounces cream sour
- ☐ 8 taco shells hard

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ colander

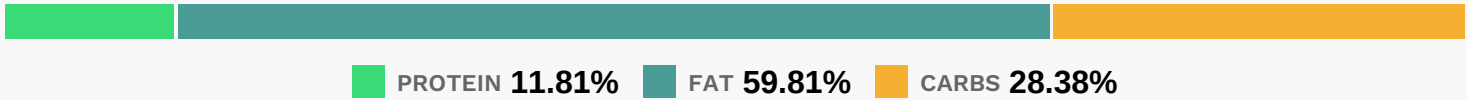
Directions

- ☐ Place the eggplant in a colander and sprinkle with the salt.
- ☐ Let stand for 1 hour. Pat dry with paper towels. Meanwhile, heat 4 tablespoons of the oil in a large skillet over medium heat.
- ☐ Add the eggplant and sauté until almost tender, adding more oil if necessary.
- ☐ Remove to a casserole.
- ☐ Heat the remaining oil in the same skillet over low heat; wilt the onion, garlic and red pepper for 10 minutes, then add to the casserole.
- ☐ Place casserole over low heat and add the ingredients up through the parsley. Cook, uncovered, stirring frequently, for 30 minutes.
- ☐ Stir in the kidney beans and chickpeas; cook for 15 minutes. The skin of the eggplant should be tender. Adjust seasonings.

- ☐
- Place 1/4 cup of the cooked veggies in each taco shell. Top with some shredded lettuce and 1 tablespoon each of the onion and tomatoes. Dollop with sour cream and sprinkle with cheese.

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Nutrition Facts



Properties

Glycemic Index:57.2, Glycemic Load:9.73, Inflammation Score:-9, Nutrition Score:22.39000033814%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.08mg, Apigenin: 4.08mg, Apigenin: 4.08mg, Apigenin: 4.08mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 423.83kcal (21.19%), Fat: 29.31g (45.1%), Saturated Fat: 10.77g (67.29%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 23.58g (8.57%), Sugar: 11.2g (12.45%), Cholesterol: 45.08mg (15.03%), Sodium: 1047.64mg (45.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.05%), Vitamin C: 44.73mg (54.22%), Vitamin K: 56.33µg (53.65%), Vitamin A: 2082.47IU (41.65%), Manganese: 0.7mg (34.79%), Calcium: 313.56mg (31.36%), Fiber: 7.72g (30.86%), Vitamin E: 4.24mg (28.27%), Phosphorus: 281.89mg (28.19%), Vitamin B6: 0.48mg (23.82%), Potassium: 795.24mg (22.72%), Folate: 86.65µg (21.66%), Vitamin B2: 0.31mg (18.35%), Copper: 0.36mg (17.84%), Magnesium: 70.46mg (17.62%), Iron: 3.06mg (17.01%), Selenium: 11.3µg (16.14%), Zinc: 2.15mg (14.35%), Vitamin B1: 0.21mg (14.03%), Vitamin B3: 2.52mg (12.6%), Vitamin B5: 0.87mg (8.71%), Vitamin B12: 0.36µg (6%), Vitamin D: 0.17µg (1.13%)