



White Bean and Spinach Tacos

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 1 tablespoon canola oil
- ☐ 12 corn tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves chopped
- ☐ 1 jalapeno sliced
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 1 tablespoon juice of lime fresh

- ☐ 0.5 cup onion finely chopped
- ☐ 1.5 cups onion vertically sliced
- ☐ 0.5 cup queso fresco crumbled
- ☐ 5.5 ounces bagged prewashed spinach
- ☐ 1.5 cups tomatoes chopped

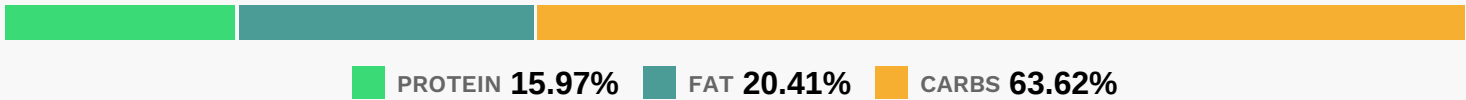
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add sliced onion, and saut 5 minutes or until lightly browned, stirring occasionally.
- ☐ Add garlic to pan; saut 30 seconds. Stir in beans and 1/4 teaspoon salt; cook 1 minute.
- ☐ Add spinach to pan; cook 1 minute or until spinach wilts and beans are thoroughly heated.
- ☐ Combine tomato, chopped onion, cilantro, lime juice, 1/8 teaspoon salt, and jalapeo in a small bowl. Warm tortillas according to package directions. Arrange 1/3 cup bean mixture in center of each tortilla. Top each taco with 3 tablespoons tomato mixture and about 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:74.88, Glycemic Load:23.21, Inflammation Score:-10, Nutrition Score:31.851739375488%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg,

Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 18.89mg, Quercetin: 18.89mg, Quercetin: 18.89mg, Quercetin: 18.89mg

Nutrients (% of daily need)

Calories: 425.45kcal (21.27%), Fat: 10.04g (15.45%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 70.41g (23.47%), Net Carbohydrates: 57.3g (20.84%), Sugar: 6.62g (7.36%), Cholesterol: 10.52mg (3.51%), Sodium: 410.9mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.34%), Vitamin K: 202.56µg (192.92%), Vitamin A: 4354.08IU (87.08%), Manganese: 1.38mg (68.98%), Fiber: 13.11g (52.44%), Phosphorus: 462.59mg (46.26%), Folate: 175.3µg (43.83%), Magnesium: 160.82mg (40.21%), Vitamin C: 31.01mg (37.59%), Potassium: 1144.49mg (32.7%), Iron: 5.63mg (31.26%), Calcium: 296.86mg (29.69%), Vitamin B6: 0.53mg (26.68%), Copper: 0.5mg (25.03%), Zinc: 3.09mg (20.61%), Vitamin E: 3mg (19.98%), Vitamin B1: 0.28mg (18.58%), Selenium: 10.65µg (15.21%), Vitamin B2: 0.23mg (13.54%), Vitamin B3: 2.08mg (10.42%), Vitamin B5: 0.55mg (5.49%), Vitamin B12: 0.26µg (4.27%), Vitamin D: 0.41µg (2.74%)