



Zucchini and Corn Tacos



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup black beans canned rinsed drained
- ☐ 2 cups ears corn fresh white yellow
- ☐ 8 corn tortillas
- ☐ 4 leaves epazote leaves fresh finely chopped (or 1 teaspoon oregano)
- ☐ 3 cloves garlic finely chopped
- ☐ 8 teaspoons monterrey jack cheese grated (or queso fresco)
- ☐ 0.3 cup salsa verde green ()

- ☐ 4 medium tomatoes roughly chopped
- ☐ 3 tablespoons vegetable oil divided
- ☐ 1 cup onion white chopped
- ☐ 3 medium zucchini diced

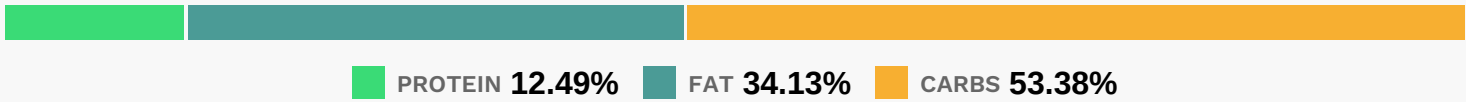
Equipment

- ☐ frying pan

Directions

- ☐ Heat half of oil in a large skillet over high heat. Toast corn 5 minutes, stirring; season with salt.
- ☐ Remove corn; set aside.
- ☐ Heat remaining 1 tablespoon plus 1 1/2 teaspoons oil in skillet. Cook onion, stirring, until it caramelizes, 5 minutes.
- ☐ Add garlic; cook 1 to 2 minutes.
- ☐ Add tomatoes; cook 10 minutes.
- ☐ Add zucchini; cook until tender, 10 to 12 minutes; season with salt.
- ☐ Add corn, beans, epazote and pepper. Cook 3 minutes. Split filling among tortillas; top each with 1 1/2 teaspoons salsa and 1 teaspoon cheese.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:12.85, Inflammation Score:-9, Nutrition Score:24.413913021917%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.84mg, Quercetin: 9.84mg, Quercetin: 9.84mg, Quercetin: 9.84mg

Nutrients (% of daily need)

Calories: 415.53kcal (20.78%), Fat: 16.77g (25.8%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 59.01g (19.67%),
Net Carbohydrates: 47.57g (17.3%), Sugar: 14.56g (16.17%), Cholesterol: 8.77mg (2.92%), Sodium: 380.45mg
(16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.61%), Vitamin C: 53.49mg (64.84%),
Manganese: 0.93mg (46.28%), Fiber: 11.44g (45.74%), Phosphorus: 419.49mg (41.95%), Potassium: 1212.16mg
(34.63%), Vitamin K: 35.66µg (33.96%), Vitamin A: 1623.27IU (32.47%), Magnesium: 127.95mg (31.99%), Vitamin B6:
0.63mg (31.45%), Folate: 123.01µg (30.75%), Vitamin B1: 0.36mg (23.84%), Vitamin B2: 0.34mg (20.1%), Copper:
0.38mg (19.07%), Vitamin B3: 3.8mg (19.01%), Calcium: 184.56mg (18.46%), Iron: 2.94mg (16.31%), Zinc: 2.33mg
(15.52%), Vitamin E: 1.91mg (12.72%), Vitamin B5: 1.15mg (11.5%), Selenium: 6.43µg (9.18%), Vitamin B12: 0.08µg
(1.36%)