



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Avocado Hummus Taquitos ♦♦

Avocado Hummus Taquitos are a delicious vegetarian snack or appetizer. They are made with a creamy avocado and chickpea hummus filling, wrapped in corn tortillas, and baked until crispy. These taquitos are perfect for parties, game days, or any time you want a tasty and healthy snack. Enjoy them with your favorite dipping sauce!

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

200 g	Avocado
200 g	Chickpeas
2 tbsp	lime juice
2 cloves	garlic

<b>1 tsp</b>	cumin
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>10 pieces</b>	corn tortillas
<b>2 tbsp</b>	olive oil

## Directions

---

### Step 1

#### Blending

In a food processor, combine the avocado, chickpeas, lime juice, garlic, cumin, salt, and black pepper. Process until smooth and creamy.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

### Step 3

#### Microwaving

Warm the corn tortillas in the microwave for 30 seconds to make them more pliable.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

### Step 4

#### Spreading

Spread a spoonful of the avocado hummus mixture onto each tortilla, leaving a small border around the edges.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 5

#### Rolling

Roll up the tortillas tightly and place them seam-side down on a baking sheet lined with parchment paper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 6

#### Brushing

Brush the taquitos with olive oil.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 7

Baking

Bake for 15-20 minutes, or until the taquitos are golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Step 8

Serving

Serve the avocado hummus taquitos with your favorite dipping sauce.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 9 g

**Protein: 4 g**

**Carbohydrates: 15 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	350 mg	10.29%	13.46%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Cuisines

Mexican

### Course

Appetizers

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

### Meal Type

Snack

Supper

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)