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## Black Bean Tacos ♦♦

These delicious black bean tacos are a vegan-friendly option for taco night. They are filled with flavorful black beans and topped with your favorite ingredients.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

|                 |             |
|-----------------|-------------|
| <b>400 g</b>    | Black Beans |
| <b>8 pieces</b> | taco shells |
| <b>100 g</b>    | lettuce     |
| <b>150 g</b>    | Tomatoes    |
| <b>100 g</b>    | Avocado     |
| <b>20 g</b>     | Cilantro    |

|       |               |
|-------|---------------|
| 30 ml | lime juice    |
| 5 g   | Salt          |
| 3 g   | Pepper        |
| 2 g   | Cumin         |
| 2 g   | Paprika       |
| 2 g   | Garlic powder |
| 2 g   | Onion powder  |

## Directions

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### Step 1

Stove

Heat the black beans in a saucepan over medium heat.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

In a separate bowl, mix together the lime juice, salt, pepper, cumin, paprika, garlic powder, and onion powder.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Pour the lime juice mixture over the black beans and stir well to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 4

Oven, stove

Warm the taco shells in the oven or on the stovetop.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 5

Fill each taco shell with the black bean mixture.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 6

Top with lettuce, tomatoes, avocado, and cilantro.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 180 kcal

Fat: 5 g

Protein: 8 g

Carbohydrates: 28 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 8 g   | 47.06%                 | 47.06%                   |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 28 g  | 50.91%                 | 56%                      |
| Fibers        | 9 g   | 23.68%                 | 36%                      |
| Sugars        | 2 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 3 g   | N/A                    | N/A                      |
| Saturated Fat       | 1 g   | 4.55%                  | 5.88%                    |
| Fat                 | 5 g   | 17.86%                 | 20%                      |
| 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   | 20 mg | 22.22%                 | 26.67%                   |
| Vitamin B6  | 10 mg | 769.23%                | 769.23%                  |
| Vitamin B12 | 0 mcg | 0%                     | 0%                       |
| Vitamin E   | 4 mg  | 26.67%                 | 26.67%                   |
| Vitamin D   | 0 mcg | 0%                     | 0%                       |

## Minerals

| Nutrient | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium   | 300 mg | 13.04%                 | 13.04%                   |
| Calcium  | 4 mg   | 0.4%                   | 0.4%                     |

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron      | 15 mg  | 187.5%                 | 83.33%                   |
| Potassium | 400 mg | 11.76%                 | 15.38%                   |
| Zinc      | 8 mg   | 72.73%                 | 100%                     |
| Selenium  | 2 mcg  | 3.64%                  | 3.64%                    |

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Course

Drinks

Salads

Breads

Snacks

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

### Events

Picnic

## Meal Type

Brunch

Snack

Lunch

## Difficulty Level

Medium

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