



Healthdor

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## Veggie Tacos ♦

Veggie tacos are a delicious and healthy alternative to traditional meat tacos. They are made with a variety of fresh vegetables and flavorful spices, and can be customized to suit your taste. Veggie tacos are a great option for vegetarians and those looking to incorporate more plant-based meals into their diet.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

8 pieces	tortillas
200 g	Black Beans
150 g	corn
100 g	Red Bell Pepper

100 g	Green Bell Pepper
50 g	onion
100 g	Tomato
100 g	Avocado
2 tsp	lime juice
10 g	Cilantro
1 tsp	cumin
1 tsp	chili powder
1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil

## Directions

### Step 1

Stove

Heat olive oil in a pan over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

### Step 2

Stove

Add onion, bell peppers, and corn to the pan. Cook until vegetables are tender.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Stove

Add black beans, cumin, chili powder, salt, and pepper to the pan. Stir to combine.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 4

Oven

Warm tortillas in a separate pan or in the oven.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 5

Assemble the tacos by filling each tortilla with the vegetable mixture. Top with diced tomatoes, avocado slices, lime juice, and cilantro.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 6 g

**Protein:** 9 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	9 g	23.68%	36%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
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	80 mg	88.89%	106.67%
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	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Cuisines

Mexican

### Course

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

\$30 to \$40

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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