

# Spicy Brussels Sprouts Tacos

## Diabetes Friendly

Yields: 4 Tacos

### Ingredients:

Cooking spray or 1 tablespoon olive oil

3 cups fresh brussels sprouts, shredded

1 small red pepper, sliced thin

1 pack low-sodium taco seasoning

For serving: cotija cheese, fresh cilantro, soft street taco tortillas

### Directions:

1. Preheat a medium saute pan to medium to high heat.
2. Spray or add oil, brussels sprouts, pepper, and onions, and cook for about 4-6 minutes to soften the vegetables.
3. Add seasoning mix or your own measured seasonings, combine, and serve with desired toppings.

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

<https://wexnermedical.osu.edu/nutrition-services>

Without Taco  
Shell

Nutrition Facts	
Amount Per Serving	
Calories	85
% Daily Value*	
<b>Total Fat</b> 4.1g	<b>5%</b>
Saturated Fat 0.6g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.7g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrates</b> 11g	<b>4%</b>
Dietary Fiber 3.5g	<b>13%</b>
Sugars 3.3g	
<b>Protein</b> 3.3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 45mg	<b>3%</b>
Iron 1.6mg	<b>9%</b>
Potassium 422.4mg	<b>9%</b>
<b>Caffeine</b> 0mg	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Mission Street Taco Carb  
Balance Whole Wheat  
Tortillas

Nutrition Facts	
6 Servings per container	
<b>Serving Size</b>	<b>2 tortillas(47g)</b>
Amount per serving	
Calories	70
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 15g	<b>54%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	

