

Sweet Potato Tacos With Avocado Crema

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-crema-recipe-with-yogurt>

Ingredients:

- sweet potato taco:
- 2 sweet potatoes scrubbed and cut into even sized cubes - feel free to keep the skins on the sweet potatoes to save time, fiber and nu...
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1/4 teaspoon kosher salt or fine sea
- 1 pinch freshly ground pepper
- 15 ounces black beans
- cotija
- queso fresco cheese
- 1 package corn tortillas
- crema avocado yogurt
- 1 avocado medium ripe
- 1/2 cup plain greek yogurt
- 1 garlic clove small
- 2 tablespoons fresh lime juice from 1 medium lime
- 1/4 teaspoon coarse sea salt

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 14 grams
6. Protein: 12 grams
7. SaturatedFat: 3 grams
8. Sodium: 690 milligrams

9. Sugar: 6 grams

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