



15-Minute Soft Chicken Tacos

READY IN



15 min.

SERVINGS



15

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup milk cheddar cheese shredded 2% kraft
- 10 6-inch flour tortillas ()
- 2 cups rice white instant uncooked
- 1 Tbsp oil
- 1 cup taco bellâ® & chunky mild salsa thick
- 1 lb chicken breasts boneless skinless cut into thin strips
- 1.3 oz taco bellâ® taco seasoning mix
- 2 cups water

Equipment

- frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook and stir 4 min. or until done.
- Add water, salsa and seasoning mix; stir. Bring to boil. Stir in rice; cover. Reduce heat to low; cook 5 min.
- Spoon chicken mixture evenly onto tortillas; sprinkle with cheese. Fold up sides of tortillas to enclose filling.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:3.16, Inflammation Score:-5, Nutrition Score:8.5865217058555%

Nutrients (% of daily need)

Calories: 180.02kcal (9%), Fat: 5.38g (8.27%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 20.28g (7.38%), Sugar: 1.87g (2.08%), Cholesterol: 25mg (8.33%), Sodium: 526.26mg (22.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.52g (21.05%), Selenium: 20.16µg (28.8%), Vitamin B3: 5.04mg (25.19%), Vitamin B1: 0.23mg (15.59%), Phosphorus: 149.66mg (14.97%), Vitamin B6: 0.29mg (14.33%), Folate: 53.42µg (13.36%), Manganese: 0.24mg (11.82%), Iron: 1.8mg (10.01%), Calcium: 78.98mg (7.9%), Vitamin A: 370.51IU (7.41%), Vitamin B2: 0.12mg (7.08%), Fiber: 1.67g (6.7%), Vitamin B5: 0.57mg (5.72%), Potassium: 189.05mg (5.4%), Zinc: 0.69mg (4.6%), Magnesium: 18.31mg (4.58%), Copper: 0.07mg (3.37%), Vitamin E: 0.48mg (3.19%), Vitamin K: 3.04µg (2.9%), Vitamin C: 1.76mg (2.13%), Vitamin B12: 0.12µg (2.01%)