



Adobo-Lime Chicken Tacos

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup broccoli slaw
- ☐ 1 tablespoon chipotles in adobo
- ☐ 3 tablespoons cilantro leaves fresh divided chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 radishes sliced thin
- ☐ 2 cups chicken breast strips/pre-cooked/chopped shredded boneless skinless

- ☐ 0.5 cup salsa verde
- ☐ 0.3 teaspoon sea salt
- ☐ 1 tablespoon seasoned rice vinegar
- ☐ 2 tablespoons cream light sour
- ☐ 8 taco shells

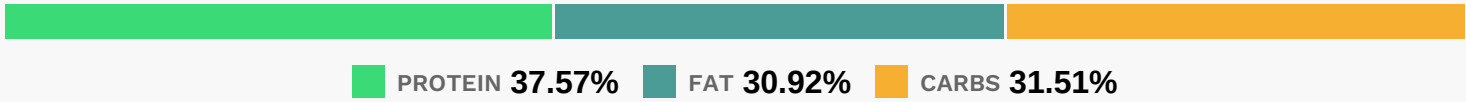
Equipment

- ☐ bowl

Directions

- ☐ Toss chicken with 2 tablespoons chopped cilantro and the next 6 ingredients (through black pepper) in a medium bowl.
- ☐ Toss slaw mix with rice vinegar, radish, and remaining 1 tablespoon cilantro. Divide chicken and slaw evenly among taco shells.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:9.33, Inflammation Score:-5, Nutrition Score:12.783478272998%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 265.44kcal (13.27%), Fat: 8.92g (13.73%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 18.36g (6.68%), Sugar: 2.56g (2.85%), Cholesterol: 61.6mg (20.53%), Sodium: 491.9mg (21.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.39g (48.79%), Vitamin B3: 10.25mg (51.27%),

Vitamin C: 30.2mg (36.61%), Selenium: 21.61µg (30.87%), Vitamin B6: 0.52mg (26.23%), Phosphorus: 240.95mg (24.1%), Magnesium: 49.11mg (12.28%), Manganese: 0.24mg (12.11%), Potassium: 414.79mg (11.85%), Folate: 41.55µg (10.39%), Vitamin B5: 0.84mg (8.45%), Vitamin B2: 0.14mg (8.4%), Fiber: 2.09g (8.37%), Iron: 1.5mg (8.36%), Zinc: 1.25mg (8.33%), Vitamin B1: 0.12mg (8.32%), Vitamin A: 353.06IU (7.06%), Calcium: 59.83mg (5.98%), Vitamin B12: 0.26µg (4.39%), Copper: 0.08mg (4.1%), Vitamin K: 3.52µg (3.35%), Vitamin E: 0.4mg (2.65%)