



Adobo-Marinated Chicken Tacos

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces ancho chili pepper dried stemmed seeded
- 0.3 teaspoon pepper black freshly ground
- 10 servings flour tortilla
- 2 teaspoons ginger peeled finely chopped (from 1 [3-inch] piece)
- 0.8 teaspoon ground cumin
- 1 ounce guajillo chiles* dried stemmed seeded
- 1.5 teaspoons kosher salt as needed plus more
- 2 tablespoons vegetable oil

- 0.5 cup pepper flakes plus more for soaking the chiles

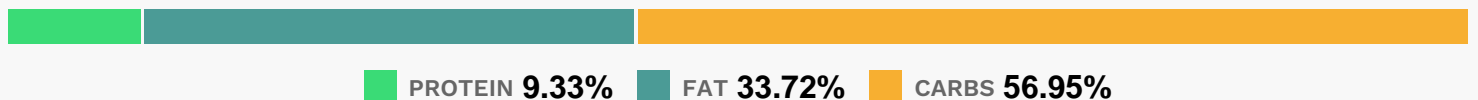
Equipment

- bowl
- blender
- grill
- spatula
- grill pan
- cutting board

Directions

- Place the chiles in a large bowl, add enough water to cover, and let them soak until softened, about 30 minutes.
- Drain and discard the soaking water. Wipe out the bowl and set it aside.
- Place the drained chiles in a blender.
- Add the measured water, ginger, measured salt, cumin, and pepper and blend until smooth, stopping and scraping down the pitcher with a rubber spatula as needed, about 1 minute. (The mixture will be thick—don't add extra water.)
- Place the chicken in the reserved large bowl, add the chile purée, and, using your hands, rub it into the chicken until evenly coated. At this point you can cook the chicken right away, or cover and refrigerate it for up to 24 hours. When ready to cook, heat a grill pan or outdoor grill to medium (about 350°F to 450°F).
- Brush the grates with the vegetable oil, place the chicken on the grill, and season with salt. Cook for 8 to 10 minutes, flip, season with salt, and continue to grill until cooked through, about 8 to 10 minutes more.
- Transfer to a cutting board and let sit until cool enough to handle, about 5 minutes. Chop into bite-sized pieces and serve with the tortillas and your choice of garnishes.

Nutrition Facts



Properties

Glycemic Index:13.1, Glycemic Load:4.95, Inflammation Score:-9, Nutrition Score:9.0530434743218%

Nutrients (% of daily need)

Calories: 147.41kcal (7.37%), Fat: 5.68g (8.74%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 17.95g (6.53%), Sugar: 5.01g (5.57%), Cholesterol: 0mg (0%), Sodium: 578.35mg (25.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Vitamin A: 2326.34IU (46.53%), Vitamin K: 17.5µg (16.67%), Vitamin C: 13.48mg (16.34%), Fiber: 3.64g (14.56%), Manganese: 0.25mg (12.26%), Vitamin B2: 0.19mg (11.43%), Vitamin B1: 0.16mg (10.95%), Vitamin B3: 2.17mg (10.84%), Selenium: 7.04µg (10.06%), Iron: 1.79mg (9.95%), Folate: 34.33µg (8.58%), Phosphorus: 79.51mg (7.95%), Potassium: 225.77mg (6.45%), Vitamin B6: 0.13mg (6.3%), Calcium: 50.58mg (5.06%), Magnesium: 16.62mg (4.16%), Vitamin E: 0.55mg (3.65%), Copper: 0.06mg (3.17%), Zinc: 0.28mg (1.84%), Vitamin B5: 0.15mg (1.47%)