



Ancho Chicken Tacos with Cilantro Slaw and Avocado Cream

READY IN



20 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon ancho chili powder
- ☐ 2 cups angel hair pasta
- ☐ 0.5 avocado diced ripe peeled
- ☐ 1 tablespoon canola oil
- ☐ 8 6-inch corn tortillas ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 cup spring onion thinly sliced

- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh divided
- ☐ 0.1 teaspoon lime zest grated
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into 1/4-inch strips
- ☐ 0.3 cup cream light sour

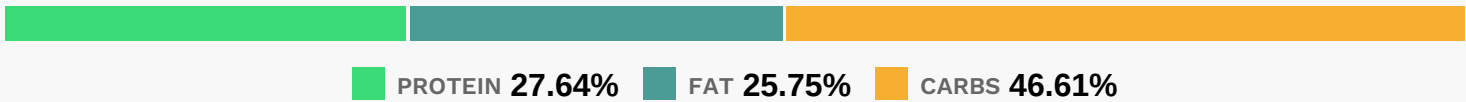
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat a large skillet over high heat.
- ☐ Sprinkle chicken evenly with chile powder, garlic salt, and cumin. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook 4 minutes, stirring frequently.
- ☐ Remove chicken from pan.
- ☐ Combine rind, 1 tablespoon juice, and next 3 ingredients (through avocado) in a blender or food processor; process until smooth.
- ☐ Combine remaining 1 tablespoon juice, slaw, onions, cilantro, oil, and salt, tossing to coat.
- ☐ Heat tortillas according to directions. Divide chicken mixture evenly among tortillas. Top each tortilla with about 1 tablespoon avocado mixture and 1/4 cup slaw mixture.

Nutrition Facts



Properties

Glycemic Index:58.38, Glycemic Load:21.69, Inflammation Score:-7, Nutrition Score:24.326956748962%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 483.32kcal (24.17%), Fat: 13.89g (21.37%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 56.58g (18.86%), Net Carbohydrates: 49.89g (18.14%), Sugar: 2.49g (2.76%), Cholesterol: 77.98mg (25.99%), Sodium: 618.81mg (26.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.54g (67.08%), Selenium: 64.04µg (91.48%), Vitamin B3: 13.84mg (69.19%), Vitamin B6: 1.11mg (55.44%), Phosphorus: 511.2mg (51.12%), Vitamin K: 37.54µg (35.75%), Manganese: 0.6mg (30.18%), Fiber: 6.69g (26.75%), Magnesium: 100.81mg (25.2%), Potassium: 822.36mg (23.5%), Vitamin B5: 2.24mg (22.38%), Zinc: 2.22mg (14.77%), Vitamin B2: 0.25mg (14.52%), Copper: 0.29mg (14.45%), Vitamin B1: 0.19mg (12.88%), Vitamin E: 1.84mg (12.25%), Iron: 2.06mg (11.42%), Folate: 45.46µg (11.37%), Vitamin C: 8.9mg (10.79%), Calcium: 101.81mg (10.18%), Vitamin A: 442.25IU (8.85%), Vitamin B12: 0.33µg (5.55%), Vitamin D: 0.22µg (1.5%)