



Asian Tacos

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1.3 lb chicken breast boneless skinless cut into thin strips
- 1 lb bell pepper red frozen thawed (or other combination)
- 0.5 cup sauce
- 11 oz flour tortilla for burritos (8 count)
- 1 serving sauce

Equipment

- frying pan

wok

Directions

- In 10-inch skillet or wok, heat oil over high heat.
- Add chicken; cook and stir 3 to 4 minutes or until chicken is no longer pink in center.
- Remove from heat.
- Cut vegetables into about 1/2-inch pieces; add to chicken in skillet. Cook and stir over medium-high heat about 2 minutes or until vegetables are crisp-tender; drain.
- Add 1/2 cup stir-fry sauce. Cook and stir about 2 minutes or until hot.
- Spread about 1/2 cup of the chicken mixture over half of each tortilla; fold tortillas in half. (Fold tortillas in half again if desired.)
- Serve with additional stir-fry sauce.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:13.59, Inflammation Score:-10, Nutrition Score:33.830434692943%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 496.08kcal (24.8%), Fat: 13.67g (21.03%), Saturated Fat: 3.67g (22.91%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 48.68g (17.7%), Sugar: 14.54g (16.16%), Cholesterol: 90.72mg (30.24%), Sodium: 1100.64mg (47.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.88g (75.75%), Vitamin C: 146.85mg (178%), Vitamin B3: 19.34mg (96.7%), Selenium: 62.86µg (89.8%), Vitamin B6: 1.44mg (71.88%), Vitamin A: 3593.02IU (71.86%), Phosphorus: 487.75mg (48.78%), Vitamin B1: 0.54mg (36.27%), Folate: 131.12µg (32.78%), Vitamin B2: 0.46mg (26.94%), Manganese: 0.53mg (26.67%), Vitamin B5: 2.51mg (25.07%), Potassium: 861.19mg (24.61%), Iron: 3.84mg (21.35%), Fiber: 5.11g (20.44%), Magnesium: 67.61mg (16.9%), Vitamin K: 17.71µg (16.86%), Vitamin E: 2.34mg (15.59%), Calcium: 128.85mg (12.88%), Zinc: 1.52mg (10.13%), Copper: 0.14mg (6.93%), Vitamin B12: 0.28µg (4.72%)