



Baked Chicken Taquitos with Green Chiles and Avocado Yogurt Dip

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe
- ☐ 4.5 oz chilis green undrained chopped canned
- ☐ 1 teaspoon chili powder
- ☐ 6 servings cilantro leaves
- ☐ 24 corn tortillas
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 teaspoon ground cumin

- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup onion finely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup yogurt plain (from 6-oz container)
- ☐ 2 lb rotisserie chicken cut
- ☐ 1 Dash salt
- ☐ 3 oz cheddar cheese shredded
- ☐ 1 tablespoon vegetable oil

Equipment

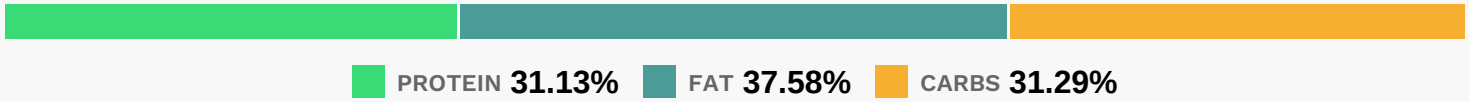
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Heat oven to 400F. Line cookie sheet with cooking parchment paper or silicone baking mat.
- ☐ Shred chicken to make about 4 cups; discard bones and skin. In large bowl, toss chicken, cheese, onion, cilantro, cumin, chili powder, oregano and green chiles.
- ☐ Over gas burner or in skillet, heat tortillas until warm and pliable. Wrap tortillas in kitchen towel to keep warm.
- ☐ Working with 1 tortilla at a time, spoon about 2 tablespoons chicken mixture onto one side of tortilla. Wrap tortilla over filling and roll up.
- ☐ Place taquito seam side down on cookie sheet, gently pressing flat with palm of hand if needed to make sure taquito does not roll around. Repeat with remaining tortillas and chicken mixture, making sure to leave a bit of space between taquitos so they crisp nicely during baking.
- ☐ Brush tops of taquitos lightly with oil.

- ☐
- Bake in center of oven 25 minutes, rotating pan once about halfway through baking.
- ☐
- Meanwhile, cut avocado in half; remove pit. With spoon, scoop avocado flesh from shell into large bowl. With back of fork, mash avocado well. Fold in yogurt, lime juice and salt until thoroughly combined.
- ☐
- Serve warm taquitos with dip.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:20.78, Inflammation Score:-6, Nutrition Score:14.761739251406%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 659.29kcal (32.96%), Fat: 28.19g (43.36%), Saturated Fat: 7.99g (49.91%), Carbohydrates: 52.81g (17.6%), Net Carbohydrates: 43.3g (15.75%), Sugar: 2.53g (2.81%), Cholesterol: 161.98mg (53.99%), Sodium: 773.26mg (33.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.55g (105.1%), Phosphorus: 435.94mg (43.59%), Fiber: 9.51g (38.04%), Magnesium: 94.82mg (23.7%), Calcium: 229.74mg (22.97%), Manganese: 0.42mg (21.2%), Vitamin B6: 0.38mg (18.76%), Selenium: 11.13µg (15.9%), Zinc: 2.29mg (15.24%), Vitamin C: 12.06mg (14.62%), Vitamin K: 13.76µg (13.1%), Potassium: 450.94mg (12.88%), Vitamin B2: 0.22mg (12.75%), Folate: 50.41µg (12.6%), Copper: 0.24mg (12.07%), Iron: 2.14mg (11.89%), Vitamin B3: 2.37mg (11.87%), Vitamin E: 1.47mg (9.8%), Vitamin B1: 0.14mg (9.3%), Vitamin B5: 0.75mg (7.52%), Vitamin A: 363.05IU (7.26%), Vitamin B12: 0.23µg (3.76%)