

Beer-Braised Chicken Tacos

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon ancho chili pepper
- 0.8 cup beer
- 4 oz chilis green chopped canned
- 10 oz enchilada sauce green red canned
- 0.5 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 8 lime wedges
- 1 cup onion finely chopped

- 0.5 teaspoon salt
- 2 cups chicken shredded cooked
- 0.5 cup cream sour
- 8 taco shells (from 4.6-oz box)
- 2 tablespoons vegetable oil

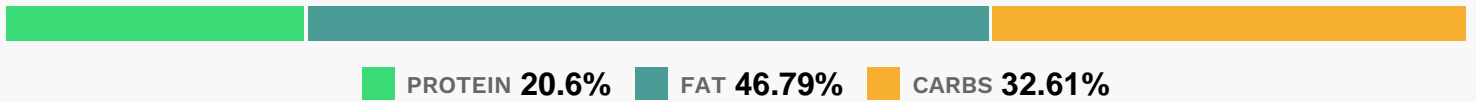
Equipment

- frying pan

Directions

- In 12-inch skillet, heat oil over medium-high heat.
- Add onion and chicken; cook about 1 minute or until onion is tender. Stir in remaining sauce ingredients.
- Heat to boiling. Reduce heat to low; cook uncovered about 20 minutes, stirring occasionally.
- Spoon chicken mixture into taco shells; top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:5.81, Inflammation Score:-7, Nutrition Score:8.1286955916363%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 220.84kcal (11.04%), Fat: 11.36g (17.48%), Saturated Fat: 3.49g (21.81%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 14.75g (5.36%), Sugar: 4.96g (5.51%), Cholesterol: 34.73mg (11.58%), Sodium: 582.84mg

(25.34%), Alcohol: 0.86g (100%), Alcohol %: 0.61% (100%), Protein: 11.25g (22.51%), Vitamin A: 928.23IU (18.56%), Vitamin B3: 3.43mg (17.17%), Vitamin C: 13.26mg (16.08%), Selenium: 10.15µg (14.49%), Vitamin B6: 0.25mg (12.48%), Phosphorus: 123.82mg (12.38%), Fiber: 3.06g (12.25%), Vitamin K: 12.79µg (12.19%), Iron: 1.4mg (7.78%), Vitamin B2: 0.13mg (7.55%), Potassium: 237.43mg (6.78%), Folate: 26.69µg (6.67%), Magnesium: 26.07mg (6.52%), Manganese: 0.13mg (6.45%), Zinc: 0.87mg (5.81%), Calcium: 50mg (5%), Vitamin B5: 0.5mg (4.97%), Vitamin B1: 0.07mg (4.7%), Vitamin E: 0.55mg (3.64%), Copper: 0.06mg (3.22%), Vitamin B12: 0.14µg (2.27%)