



Beer-Braised Chicken Tacos with Cabbage Slaw

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups ale
- ☐ 0.5 teaspoon pepper black
- ☐ 4 chicken thighs bone-in
- ☐ 2 tablespoons apple cider vinegar
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon flour all-purpose

- ☐ 1 cup apples i use 2 granny smith apples
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra virgin extra-virgin divided
- ☐ 2 cups cabbage red thinly sliced
- ☐ 0.3 teaspoon sugar
- ☐ 4 slices bacon

Equipment

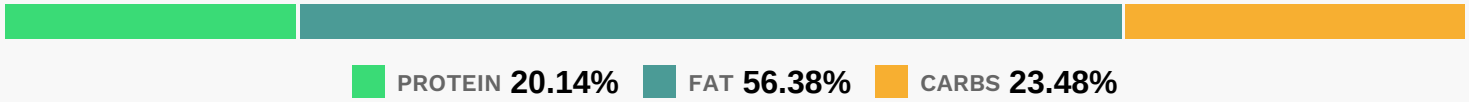
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Heat a medium skillet over medium-high heat.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Add 2 teaspoons oil to pan; swirl to coat.
- ☐ Add chicken to pan, flesh side down; cook 5 minutes or until browned. Turn chicken over; cook 2 minutes.
- ☐ Combine beer, flour, and sugar in a medium bowl, stirring with a whisk until smooth. Slowly add beer mixture to pan; bring to a boil. Reduce heat to medium-low; cook 15 minutes or until chicken is done, turning once.
- ☐ Remove chicken from pan; let stand 5 minutes.
- ☐ Remove chicken from bones; shred. Discard bones. Bring cooking liquid to a boil, scraping pan to loosen browned bits; cook 2 minutes or until reduced to 1/3 cup. Return chicken to pan; toss to coat.
- ☐ Cook bacon in a large skillet over medium heat until crisp (about 8 minutes).
- ☐ Remove bacon from pan, reserving drippings.
- ☐ Drain bacon on paper towels; crumble.
- ☐ Add 1 tablespoon drippings to a medium bowl.

- ☐
- Add remaining 1 teaspoon oil, vinegar, and mustard to drippings in bowl, stirring with a whisk.
- ☐
- Add bacon, cabbage, and apple; toss to coat.
- ☐
- Working with 1 tortilla at a time, heat tortillas over medium–high heat directly on the eye of a burner for about 15 seconds on each side or until lightly charred. Arrange about 1/4 cup chicken mixture in center of each tortilla, and top with about 1/4 cup cabbage mixture.

Nutrition Facts



Properties

Glycemic Index:101.02, Glycemic Load:13.73, Inflammation Score:-8, Nutrition Score:20.141304378924%

Flavonoids

Cyanidin: 93.86mg, Cyanidin: 93.86mg, Cyanidin: 93.86mg, Cyanidin: 93.86mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 626.34kcal (31.32%), Fat: 37.9g (58.3%), Saturated Fat: 10.14g (63.37%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 30.4g (11.06%), Sugar: 5.71g (6.35%), Cholesterol: 156.13mg (52.04%), Sodium: 601.11mg (26.14%), Alcohol: 3.45g (100%), Alcohol %: 1.1% (100%), Protein: 30.46g (60.93%), Selenium: 36.03µg (51.47%), Phosphorus: 455.33mg (45.53%), Vitamin B3: 9.08mg (45.42%), Vitamin B6: 0.82mg (40.82%), Vitamin C: 26.81mg (32.49%), Vitamin K: 23.26µg (22.15%), Magnesium: 83.05mg (20.76%), Fiber: 5.09g (20.36%), Zinc: 2.88mg (19.23%), Manganese: 0.38mg (19.06%), Vitamin B2: 0.31mg (18.07%), Vitamin B5: 1.78mg (17.77%), Vitamin B12: 1.05µg (17.54%), Potassium: 613.28mg (17.52%), Vitamin B1: 0.26mg (17.42%), Vitamin A: 637.64IU (12.75%), Iron: 2.21mg (12.3%), Copper: 0.19mg (9.46%), Calcium: 82.93mg (8.29%), Vitamin E: 1.16mg (7.73%), Folate: 22.24µg (5.56%), Vitamin D: 0.23µg (1.55%)