



## Blackened Chicken and Grilled Avocado Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 avocado ripe peeled cut into 16 slices
- 8 6-inch corn tortillas ()
- 0.5 teaspoon thyme leaves dried
- 0.8 teaspoon garlic powder
- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 1 tablespoon juice of lime fresh
- 1 teaspoon oregano dried

- 1 tablespoon paprika
- 0.3 cup onion red finely chopped
- 2 cups romaine lettuce shredded
- 1 cup bottled salsa green low-sodium (such as Mountain Gringo)
- 0.5 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 0.3 cup cup heavy whipping cream fat-free sour
- 0.8 teaspoon sugar

## Equipment

- bowl
- frying pan
- plastic wrap
- grill
- grill pan
- meat tenderizer

## Directions

- Place chicken between 2 sheets of plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- Combine paprika and next 7 ingredients (through pepper) in a small bowl.
- Sprinkle paprika mixture evenly over chicken; let stand 10 minutes.
- Combine juice and avocado in a medium bowl, tossing to coat.
- Heat a grill pan over medium-high heat. Coat pan with cooking spray. Grill avocado 2 minutes on each side or until well marked; remove from pan.
- Place chicken in pan. Cook 4 minutes on each side or until done.
- Let chicken stand 5 minutes; cut chicken crosswise into (1/4-inch-thick) slices.
- Warm tortillas according to package directions. Divide the chicken evenly among tortillas; top each with 2 avocado slices, 1/4 cup lettuce, 2 tablespoons salsa, 1 1/2 teaspoons sour cream, and 1 1/2 teaspoons onion.

# Nutrition Facts

PROTEIN 37.66% FAT 27.74% CARBS 34.6%

## Properties

Glycemic Index:62.4, Glycemic Load:11.25, Inflammation Score:-10, Nutrition Score:33.465217481489%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

## Nutrients (% of daily need)

Calories: 439.72kcal (21.99%), Fat: 13.88g (21.35%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 29.44g (10.71%), Sugar: 5.08g (5.64%), Cholesterol: 110.16mg (36.72%), Sodium: 966.55mg (42.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.38g (84.76%), Vitamin B3: 20.47mg (102.34%), Vitamin B6: 1.72mg (86.15%), Selenium: 59.61µg (85.16%), Vitamin A: 3456.58IU (69.13%), Phosphorus: 603.22mg (60.32%), Vitamin K: 44.56µg (42.44%), Fiber: 9.5g (37.99%), Potassium: 1298.53mg (37.1%), Vitamin B5: 3.41mg (34.13%), Magnesium: 119.22mg (29.8%), Manganese: 0.48mg (23.9%), Folate: 91.35µg (22.84%), Vitamin B2: 0.36mg (21.12%), Vitamin E: 3.01mg (20.07%), Iron: 3.16mg (17.53%), Vitamin B1: 0.26mg (17.04%), Zinc: 2.41mg (16.05%), Copper: 0.31mg (15.35%), Vitamin C: 11.34mg (13.74%), Calcium: 123.23mg (12.32%), Vitamin B12: 0.38µg (6.39%), Vitamin D: 0.17µg (1.13%)