



## Buffalo Chicken Tacos

READY IN



30 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon olive oil
- 1 lb chicken breast uncooked (not breaded)
- 0.5 teaspoon salt
- 0.8 cup celery chopped
- 1 tablespoon butter
- 3 tablespoons sauce of the chicken from the turbo broiler
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 1 oz cheese blue crumbled
- 24 small celery leaves

- 24 parsley
- 1 large avocado pitted peeled sliced

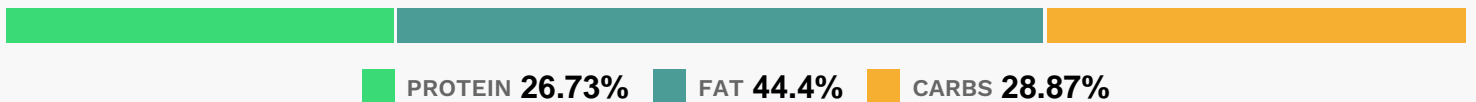
## Equipment

- frying pan
- cutting board

## Directions

- In large skillet, heat oil over medium-high heat.
- Sprinkle both sides of chicken tenders with salt; add to skillet. Cook 4 to 6 minutes, turning once, until chicken is no longer pink in center.
- Remove chicken from skillet to cutting board; cut into small pieces.
- In same skillet, cook celery over medium heat 2 minutes, stirring frequently, until tender. Stir in butter and desired amount of pepper sauce.
- Add chopped chicken; cook and stir until hot.
- To assemble tacos, spoon chicken mixture onto center of each warmed tortilla; top with cheese, celery leaves, parsley leaves and avocado. Fold sides of tortilla over filling; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:61.75, Glycemic Load:9.65, Inflammation Score:-8, Nutrition Score:28.076086904692%

## 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 Apigenin: 13.64mg, Apigenin: 13.64mg, Apigenin: 13.64mg, Apigenin: 13.64mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 474.22kcal (23.71%), Fat: 23.43g (36.05%), Saturated Fat: 7.04g (43.98%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 28.29g (10.29%), Sugar: 2.91g (3.23%), Cholesterol: 85.42mg (28.47%), Sodium: 1325.8mg (57.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.74g (63.48%), Vitamin K: 123.19µg (117.33%), Vitamin B3: 15.5mg (77.51%), Selenium: 50.62µg (72.31%), Vitamin B6: 1.05mg (52.43%), Phosphorus: 421.72mg (42.17%), Folate: 120.62µg (30.16%), Vitamin B1: 0.41mg (27.41%), Vitamin B5: 2.62mg (26.21%), Potassium: 853.09mg (24.37%), Fiber: 6g (23.99%), Vitamin B2: 0.39mg (23%), Manganese: 0.41mg (20.61%), Vitamin C: 15.14mg (18.35%), Iron: 3.27mg (18.18%), Vitamin A: 866.34IU (17.33%), Magnesium: 64.29mg (16.07%), Calcium: 153.28mg (15.33%), Vitamin E: 1.97mg (13.14%), Zinc: 1.58mg (10.51%), Copper: 0.21mg (10.36%), Vitamin B12: 0.32µg (5.32%)