



## Buffalo Chicken Tacos

READY IN



30 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 large avocado pitted peeled sliced
- 1 oz cheese blue crumbled
- 1 tablespoon butter
- 0.8 cup celery chopped
- 24 small celery leaves
- 1 lb chicken breast uncooked (not breaded)
- 8 6-inch flour tortilla soft for tacos & fajitas (; from 8.2-oz package)
- 1 tablespoon olive oil
- 24 parsley

3 tablespoons hot sauce

0.5 teaspoon salt

## 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.

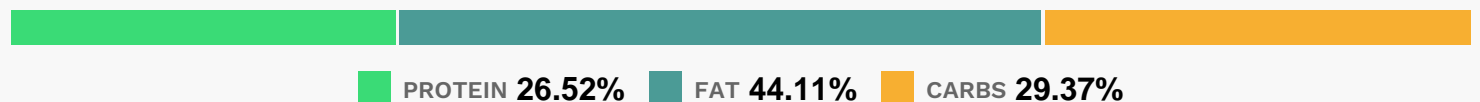
Remove chicken from skillet to cutting board; cut into small pieces.

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:9.94, Inflammation Score:-8, Nutrition Score:28.824348107628%

## 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: 481.05kcal (24.05%), Fat: 23.62g (36.33%), Saturated Fat: 7.1g (44.35%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 29.29g (10.65%), Sugar: 3.1g (3.45%), Cholesterol: 85.42mg (28.47%), Sodium: 1252.43mg (54.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.95g (63.89%), Vitamin K: 123.56µg (117.68%), Vitamin B3: 15.61mg (78.05%), Selenium: 51.04µg (72.91%), Vitamin B6: 1.06mg (53.25%), Phosphorus: 426.67mg (42.67%), Folate: 122.98µg (30.74%), Vitamin B1: 0.42mg (28.28%), Vitamin C: 22.43mg (27.19%), Vitamin B5: 2.63mg (26.35%), Potassium: 869.48mg (24.84%), Fiber: 6.09g (24.37%), Vitamin B2: 0.4mg (23.78%), Manganese: 0.43mg (21.31%), Iron: 3.39mg (18.82%), Vitamin A: 882.13IU (17.64%), Magnesium: 65.19mg (16.3%), Calcium: 156.81mg (15.68%), Vitamin E: 1.98mg (13.22%), Zinc: 1.6mg (10.65%), Copper: 0.21mg (10.6%), Vitamin B12: 0.32µg (5.32%)