



## Chicken and Mushroom Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon bottled garlic minced
- 8 ounces chicken breast cooked chopped
- 8 6-inch corn tortillas ()
- 1 jalapeno minced seeded
- 0.3 cup madeira wine dry
- 2 cups pre mushrooms
- 1.8 cups thinly onion vertically sliced
- 4 ounces sharp cheddar cheese shredded reduced-fat

0.3 cup cup heavy whipping cream light sour

0.3 teaspoon sugar

## Equipment

frying pan

## Directions

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Add onion; saut 2 minutes.

Add jalapeo; saut 2 minutes.

Sprinkle sugar over onion mixture; saut 1 minute.

Remove onion mixture from pan.

Return pan to heat; recoat with cooking spray.

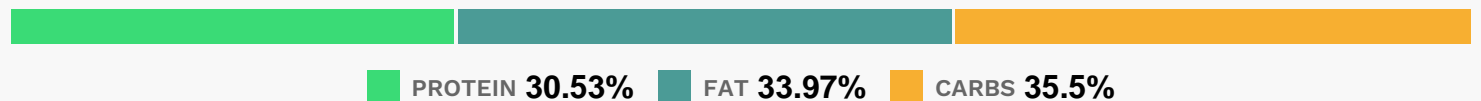
Add mushrooms and garlic to pan; saut 1 minute.

Add Madeira to pan; cover, reduce heat, and simmer 2 minutes. Uncover; cook 2 minutes or until liquid evaporates, stirring frequently. Stir in onion mixture and chicken; cook 3 minutes or until thoroughly heated.

Warm tortillas according to package instructions. Spoon about 1/3 cup chicken mixture onto each tortilla. Top each tortilla with 2 tablespoons cheese; fold in half.

Serve with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:70.9, Glycemic Load:12.66, Inflammation Score:-7, Nutrition Score:18.988260771917%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin:  
3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.47mg, Kaempferol:  
0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg,  
Myricetin: 0.08mg Quercetin: 14.46mg, Quercetin: 14.46mg, Quercetin: 14.46mg, Quercetin: 14.46mg

## **Nutrients (% of daily need)**

Calories: 400.55kcal (20.03%), Fat: 14.93g (22.98%), Saturated Fat: 7.26g (45.38%), Carbohydrates: 35.11g (11.7%),  
Net Carbohydrates: 29.99g (10.91%), Sugar: 5.08g (5.64%), Cholesterol: 81.57mg (27.19%), Sodium: 269.39mg  
(11.71%), Alcohol: 1.54g (100%), Alcohol %: 0.67% (100%), Protein: 30.19g (60.39%), Vitamin B3: 10.48mg (52.4%),  
Phosphorus: 503.53mg (50.35%), Selenium: 32.67µg (46.67%), Vitamin B6: 0.68mg (33.95%), Calcium: 297.42mg  
(29.74%), Vitamin B2: 0.46mg (27.14%), Fiber: 5.12g (20.49%), Magnesium: 77.26mg (19.31%), Manganese: 0.38mg  
(18.93%), Zinc: 2.8mg (18.64%), Potassium: 583.39mg (16.67%), Vitamin B5: 1.57mg (15.66%), Copper: 0.31mg  
(15.64%), Vitamin C: 11.64mg (14.11%), Vitamin B1: 0.18mg (12.22%), Iron: 1.78mg (9.92%), Vitamin B12: 0.57µg (9.55%),  
Folate: 35.07µg (8.77%), Vitamin A: 383.63IU (7.67%), Vitamin E: 0.7mg (4.68%), Vitamin D: 0.35µg (2.34%), Vitamin  
K: 1.97µg (1.88%)