



 **60%**
HEALTH SCORE

Chicken And Spinach Soft Tacos



Gluten Free



Very Healthy

READY IN



36 min.

SERVINGS



5

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 ounce chicken breast diced frozen thawed cooked
- 5 6-inch corn tortillas ()
- 2 garlic cloves minced
- 1 tablespoon green onions chopped
- 0.3 cup cup heavy whipping cream sour low-fat
- 1.3 ounces monterrey jack cheese shredded with jalapeño peppers
- 1.3 cups onion chopped
- 10 ounce pkt spinach fresh trimmed

- 1.3 ounce 0%-less-sodium taco seasoning mix
- 0.3 cup tomatoes chopped
- 1 cup water

Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add onion; cook 5 minutes or until lightly browned.
- Add garlic; cook 30 seconds, stirring constantly.
- Add spinach and next 3 ingredients; cook, uncovered, 20 minutes or until spinach wilts and most of the liquid is absorbed.
- Heat tortillas according to package directions.
- Place about 1/2 cup chicken mixture on each tortilla. Top each with 1 tablespoon each of cheese, tomato and sour cream, and 1 teaspoon green onions.

Nutrition Facts



Properties

Glycemic Index:47.3, Glycemic Load:6.36, Inflammation Score:-10, Nutrition Score:25.101304266764%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg

Nutrients (% of daily need)

Calories: 236.25kcal (11.81%), Fat: 6.77g (10.41%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 18.32g (6.66%), Sugar: 3.87g (4.29%), Cholesterol: 55.47mg (18.49%), Sodium: 729.01mg (31.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.95g (43.89%), Vitamin K: 277.72µg (264.5%), Vitamin A:

6196.82IU (123.94%), Vitamin B3: 7.94mg (39.68%), Manganese: 0.69mg (34.39%), Folate: 126.28µg (31.57%), Vitamin C: 24.18mg (29.31%), Phosphorus: 286.49mg (28.65%), Vitamin B6: 0.55mg (27.71%), Selenium: 18.19µg (25.98%), Magnesium: 87.99mg (22%), Fiber: 5.07g (20.29%), Potassium: 624.07mg (17.83%), Calcium: 177.51mg (17.75%), Iron: 3.08mg (17.11%), Vitamin B2: 0.25mg (14.42%), Zinc: 1.56mg (10.42%), Vitamin E: 1.5mg (9.98%), Vitamin B1: 0.14mg (9.12%), Copper: 0.18mg (8.86%), Vitamin B5: 0.64mg (6.4%), Vitamin B12: 0.3µg (5.01%)