



Chicken Carne Asada Tacos with Pickled Onions

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup avocado diced peeled (1 avocado)
- 0.8 teaspoon pepper black freshly ground
- 8 6-inch corn tortillas ()
- 8 6-inch corn tortillas ()
- 2 ounces cotija cheese crumbled
- 1 teaspoon cumin seeds
- 1 teaspoon cumin

- 0.3 cup juice of lime fresh (2 limes)
- 0.5 cup orange juice fresh (1 orange)
- 1 teaspoon oregano dried
- 1 medium onion red vertically sliced
- 0.8 teaspoon salt
- 1.5 pounds chicken thighs boneless skinless trimmed cut into thin strips
- 1 teaspoon sugar

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Combine first 4 ingredients in a medium bowl, stirring until sugar dissolves.
- Place onion in a small saucepan; cover with water. Bring to a boil; drain and plunge onion in ice water.
- Drain onion; add to juice mixture. Chill until ready to serve.
- Heat a large cast-iron skillet over high heat.
- Sprinkle chicken with oregano, cumin, salt, and pepper; toss to coat. Coat pan with cooking spray.
- Add chicken to pan; cook 4 minutes or until browned and done, stirring occasionally.
- Heat tortillas according to package directions. Divide chicken evenly among tortillas.
- Drain onion; divide evenly among tortillas. Top each tortilla with 2 tablespoons avocado and 1 tablespoon cheese; fold over.
- Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:91.02, Glycemic Load:23.52, Inflammation Score:0, Nutrition Score:29.411304447962%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 5.51mg, Hesperetin: 5.51mg, Hesperetin: 5.51mg, Hesperetin: 5.51mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 566.56kcal (28.33%), Fat: 18.88g (29.04%), Saturated Fat: 4.96g (30.98%), Carbohydrates: 59.65g (19.88%), Net Carbohydrates: 49.56g (18.02%), Sugar: 6.32g (7.02%), Cholesterol: 174.21mg (58.07%), Sodium: 802.13mg (34.88%), Alcohol: 0g (100%), Protein: 42.32g (84.64%), Phosphorus: 734.3mg (73.43%), Selenium: 47.35µg (67.64%), Vitamin B3: 12.11mg (60.55%), Vitamin B6: 1.2mg (60.24%), Fiber: 10.09g (40.35%), Magnesium: 141.01mg (35.25%), Vitamin C: 27.42mg (33.24%), Vitamin B2: 0.56mg (33.15%), Zinc: 4.74mg (31.61%), Vitamin B5: 2.94mg (29.4%), Manganese: 0.57mg (28.71%), Potassium: 955.86mg (27.31%), Vitamin B1: 0.35mg (23.4%), Vitamin B12: 1.33µg (22.14%), Iron: 3.96mg (22.02%), Calcium: 205.72mg (20.57%), Copper: 0.38mg (18.91%), Vitamin K: 17.1µg (16.29%), Folate: 64.81µg (16.2%), Vitamin E: 1.59mg (10.6%), Vitamin A: 253.36IU (5.07%)