



Chicken Chili Verde Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups cabbage shredded prepared
- 1 cup lightly cilantro fresh packed
- 8 regular flour tortillas reduced-fat
- 3 cloves garlic minced
- 1 cup green-chili salsa
- 1 teaspoon ground cumin
- 0.5 lb onion
- 0.5 teaspoon oregano dried

- 1 teaspoon salad oil
- 1 pound chicken breasts boneless skinless

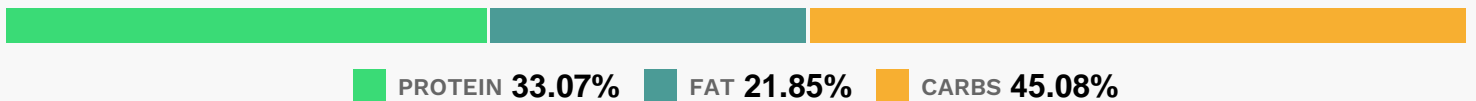
Equipment

- frying pan
- oven
- microwave

Directions

- Combine cabbage, cilantro, and salsa in a serving dish; set aside.
- Cut chicken crosswise into 1/2-inch-wide strips. In a 10- to 12-inch nonstick frying pan over medium-high heat, stir oil, onion, and garlic for 2 minutes. Increase heat to high, add chicken, and stir often until meat is no longer pink in center, 4 to 6 minutes.
- Add cumin and oregano; stir for 15 seconds. Spoon into a serving dish.
- Wrap tortillas in a cloth towel and cook in a microwave oven on full power (100 percent) until hot, about 1 1/2 minutes. At the table, spoon the cabbage and chicken mixtures into the tortillas.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:11.53, Inflammation Score:-8, Nutrition Score:25.11608677325%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.81mg, Quercetin: 13.81mg, Quercetin: 13.81mg, Quercetin: 13.81mg

Nutrients (% of daily need)

Calories: 374.45kcal (18.72%), Fat: 8.99g (13.84%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 35.84g (13.03%), Sugar: 7.64g (8.49%), Cholesterol: 72.57mg (24.19%), Sodium: 712.86mg

(30.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.63g (61.26%), Vitamin B3: 14.76mg (73.81%), Selenium: 50.5µg (72.14%), Vitamin K: 59.41µg (56.58%), Vitamin B6: 1.06mg (52.83%), Phosphorus: 400.06mg (40.01%), Vitamin C: 31.1mg (37.69%), Vitamin B1: 0.44mg (29.55%), Manganese: 0.55mg (27.72%), Folate: 97.47µg (24.37%), Fiber: 5.93g (23.73%), Potassium: 708.56mg (20.24%), Vitamin B2: 0.33mg (19.46%), Iron: 3.5mg (19.42%), Vitamin B5: 1.93mg (19.34%), Magnesium: 58.76mg (14.69%), Calcium: 142.71mg (14.27%), Zinc: 1.24mg (8.29%), Vitamin A: 367.33IU (7.35%), Copper: 0.15mg (7.34%), Vitamin E: 0.64mg (4.3%), Vitamin B12: 0.23µg (3.78%)