



Chicken Flautas

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 corn tortillas
- ☐ 2 tablespoons cilantro leaves fresh roughly chopped
- ☐ 1 haas avocados pitted halved
- ☐ 4 servings kosher salt
- ☐ 2 limes halved cut into wedges)
- ☐ 6 radishes thinly sliced
- ☐ 3 cups rotisserie chicken cut shredded
- ☐ 1.5 cups salsa fresh

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 servings vegetable oil for frying

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ toothpicks
- ☐ kitchen thermometer
- ☐ microwave
- ☐ tongs

Directions

- ☐ Scoop the avocado into a blender.
- ☐ Add the sour cream and the juice of 1/2 lime and pulse until smooth. Season with salt.
- ☐ Squeeze the remaining 1/2 lime over the radishes in a small bowl and sprinkle with 1/4 teaspoon salt. Toss the chicken with 3/4 cup salsa in a medium bowl.
- ☐ Wrap the tortillas in paper towels and microwave until soft, about 45 seconds. Spoon the chicken mixture down the middle of the tortillas. Fold in the ends and roll up like a burrito; secure with toothpicks.
- ☐ Heat 3/4 inch vegetable oil in a large skillet over medium-high heat until a deep-fry thermometer registers 375 degrees F. Fry the flautas, turning as needed, until golden brown, 2 to 3 minutes.
- ☐ Remove with tongs; drain on paper towels and remove the toothpicks.
- ☐ Serve with the avocado cream, radishes, cilantro, lime wedges and the remaining 3/4 cup salsa.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 **PROTEIN 29.68%**  **FAT 38.48%**  **CARBS 31.84%**

Properties

Glycemic Index:46.63, Glycemic Load:21.34, Inflammation Score:-7, Nutrition Score:18.020434825317%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg 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 Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 754.62kcal (37.73%), Fat: 33.48g (51.51%), Saturated Fat: 8.75g (54.7%), Carbohydrates: 62.33g (20.78%), Net Carbohydrates: 49.62g (18.04%), Sugar: 6.65g (7.39%), Cholesterol: 187.31mg (62.44%), Sodium: 1511.44mg (65.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.11g (116.23%), Fiber: 12.71g (50.85%), Phosphorus: 413.07mg (41.31%), Vitamin B6: 0.56mg (27.96%), Magnesium: 109.62mg (27.4%), Manganese: 0.53mg (26.6%), Potassium: 773.87mg (22.11%), Vitamin C: 17.83mg (21.61%), Vitamin K: 21.13µg (20.12%), Vitamin E: 2.94mg (19.59%), Vitamin B3: 3.64mg (18.19%), Copper: 0.35mg (17.48%), Calcium: 159.42mg (15.94%), Vitamin A: 753.22IU (15.06%), Folate: 55.83µg (13.96%), Zinc: 2.03mg (13.53%), Vitamin B2: 0.22mg (13.05%), Selenium: 8.66µg (12.37%), Iron: 2.21mg (12.29%), Vitamin B1: 0.18mg (12.15%), Vitamin B5: 1.19mg (11.89%), Vitamin B12: 0.06µg (1.01%)