



Chicken Mole Tacos



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful cilantro leaves
- ☐ 12 small corn tortillas
- ☐ 1 cup mole sauce
- ☐ 2 cups pico de gallo
- ☐ 1 pound meat from a rotisserie chicken shredded cooked

Equipment

Directions

☐ Assemble tacos and enjoy.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:15.09, Inflammation Score:-6, Nutrition Score:15.542608826057%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 484.5kcal (24.23%), Fat: 9.81g (15.09%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 67.51g (22.5%), Net Carbohydrates: 62.57g (22.75%), Sugar: 24.98g (27.76%), Cholesterol: 85.05mg (28.35%), Sodium: 1627.67mg (70.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.36g (66.72%), Vitamin B3: 10.12mg (50.59%), Selenium: 32.66µg (46.66%), Phosphorus: 463.12mg (46.31%), Vitamin B6: 0.64mg (31.86%), Magnesium: 80.23mg (20.06%), Fiber: 4.94g (19.77%), Zinc: 2.75mg (18.34%), Manganese: 0.28mg (13.89%), Iron: 2.35mg (13.05%), Vitamin A: 647.63IU (12.95%), Vitamin B2: 0.22mg (12.88%), Vitamin B5: 1.19mg (11.93%), Potassium: 409.97mg (11.71%), Vitamin B1: 0.14mg (9.62%), Copper: 0.19mg (9.35%), Vitamin C: 6.73mg (8.16%), Calcium: 77.46mg (7.75%), Vitamin B12: 0.33µg (5.48%), Vitamin K: 3.1µg (2.95%), Folate: 10.19µg (2.55%), Vitamin E: 0.24mg (1.62%)