



Chicken Nopales Tacos with Chipotle

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons olive oil
- ☐ 1 cup onion thinly sliced
- ☐ 3 cloves garlic finely chopped
- ☐ 30 oz nopales fresh cleaned drained cut into strips (3 or 4)
- ☐ 4 cups chicken shredded cooked
- ☐ 16 oz salsa thick
- ☐ 1 tablespoon chipotles in adobo canned (from 7-oz can chipotle chiles in adobo sauce)
- ☐ 0.3 cup cilantro leaves fresh chopped

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8.2 oz flour tortilla warmed soft for tacos and fajitas (10 count)

Equipment

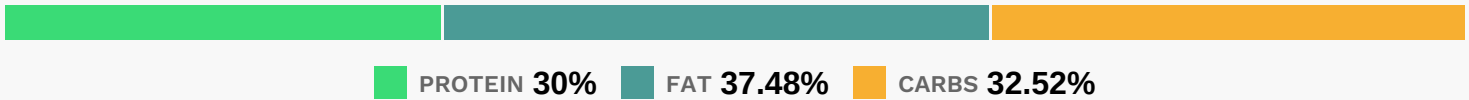
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frying pan

Directions

- ☐ In 12-inch skillet, heat oil over medium-high heat. Stir in onion and garlic; cook and stir about 5 minutes or until onion is tender.
- ☐ Stir in nopales, chicken, salsa and adobo sauce. Cook and stir about 3 minutes or until mixture is hot. Stir in cilantro.
- ☐ Spoon about 1/3 cup chicken mixture onto each tortilla.
- ☐ Roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:3.43, Inflammation Score:-6, Nutrition Score:11.458260878273%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 197.84kcal (9.89%), Fat: 8.3g (12.76%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 12.9g (4.69%), Sugar: 3.63g (4.04%), Cholesterol: 35mg (11.67%), Sodium: 441.37mg (19.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.89%), Vitamin B3: 5.27mg (26.37%), Manganese: 0.5mg (25.09%), Selenium: 16.81µg (24.02%), Vitamin B6: 0.34mg (17.24%), Calcium: 165.46mg (16.55%), Phosphorus: 158.17mg (15.82%), Magnesium: 58.22mg (14.56%), Fiber: 3.3g (13.19%), Potassium: 435.57mg (12.44%), Vitamin A: 554.85IU (11.1%), Iron: 1.94mg (10.79%), Vitamin C: 8.65mg (10.48%), Vitamin B1: 0.16mg (10.4%), Vitamin B2: 0.17mg (9.97%), Vitamin K: 10.29µg (9.8%), Zinc: 1.1mg (7.32%), Vitamin B5: 0.7mg (7.03%), Folate: 27.01µg (6.75%), Vitamin E: 0.98mg (6.53%), Copper: 0.12mg (5.83%), Vitamin B12: 0.14µg (2.26%)