



WHATSheATE



HEALTH SCORE

100%

Chicken Nugget Tacos



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



6745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 chicken frozen cooked
- ☐ 1.5 cups lettuce shredded
- ☐ 1 tablespoons milk
- ☐ 0.5 cup salsa thick
- ☐ 3 oz cheddar cheese shredded
- ☐ 0.3 cup cream sour
- ☐ 2 teaspoons taco seasoning 40% (from 1-oz package)
- ☐ 7.4 oz flour tortilla hard soft (6 corn shells and 6 flour tortillas)

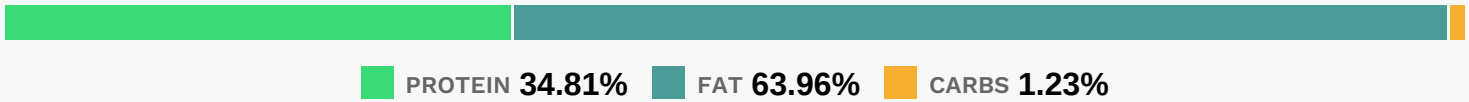
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Bake chicken nuggets as directed on package. Cover to keep warm. Reduce oven temperature to 325F.
- ☐ Heat taco shells and tortillas as directed on box.
- ☐ Meanwhile, in small bowl, mix sour cream, taco seasoning mix and enough milk for desired consistency. Set aside.
- ☐ Fill each taco shell and tortilla with 2 chicken nuggets, cheese, lettuce and salsa.
- ☐ Drizzle each with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:5.7, Inflammation Score:-10, Nutrition Score:75.701739103898%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 6745.3kcal (337.27%), Fat: 468.5g (720.77%), Saturated Fat: 136.09g (850.58%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 18.36g (6.68%), Sugar: 2.98g (3.31%), Cholesterol: 2305.41mg (768.47%), Sodium: 2633.51mg (114.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 573.71g (1147.42%), Vitamin B3: 209.06mg (1045.29%), Selenium: 451.2µg (644.57%), Vitamin B6: 10.75mg (537.31%), Phosphorus: 4636.44mg (463.64%), Vitamin B5: 27.95mg (279.46%), Zinc: 40.73mg (271.56%), Vitamin B2: 3.85mg (226.38%), Potassium: 5910.53mg (168.87%), Vitamin B12: 9.63µg (160.5%), Iron: 28.89mg (160.49%), Magnesium: 626.7mg (156.67%), Vitamin B1: 2.03mg (135.1%), Vitamin A: 4669.13IU (93.38%), Copper: 1.52mg (76.2%), Vitamin E: 9.58mg (63.88%), Vitamin C: 49.77mg (60.33%), Folate: 225.33µg (56.33%), Vitamin K: 53.96µg (51.39%), Calcium: 508.5mg (50.85%), Vitamin

D: 6.21μg (41.38%), Manganese: 0.8mg (40.06%), Fiber: 1.84g (7.34%)