



Chicken Nugget Tacos

READY IN



30 min.

SERVINGS



6

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 potato nuggets frozen cooked
- ☐ 0.3 cup cream sour
- ☐ 6.3 oz beef broth 25%
- ☐ 1 tablespoons milk
- ☐ 7.4 oz taco shells hard soft (12 Count)
- ☐ 3 oz cheddar cheese shredded
- ☐ 1.5 cups lettuce shredded
- ☐ 0.5 cup salsa thick

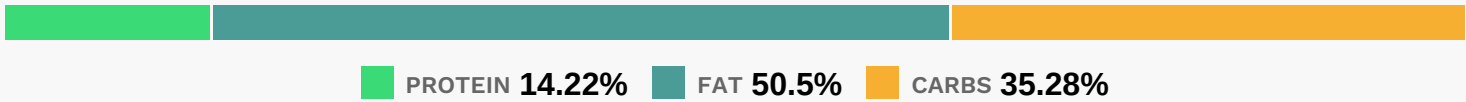
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Bake chicken nuggets as directed on package. Cover to keep warm. Reduce oven temperature to 325°F.
- ☐ 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:27.5, Glycemic Load:13.74, Inflammation Score:-5, Nutrition Score:11.827825924625%

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: 479.39kcal (23.97%), Fat: 28.45g (43.76%), Saturated Fat: 7.63g (47.66%), Carbohydrates: 44.7g (14.9%), Net Carbohydrates: 33.35g (12.13%), Sugar: 6.4g (7.11%), Cholesterol: 20.13mg (6.71%), Sodium: 407.98mg (17.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.05%), Iron: 11.97mg (66.49%), Fiber: 11.35g (45.39%), Potassium: 835.75mg (23.88%), Phosphorus: 166.73mg (16.67%), Calcium: 162.84mg (16.28%), Manganese: 0.25mg (12.44%), Magnesium: 38.62mg (9.65%), Selenium: 6.3µg (9.01%), Folate: 33.76µg (8.44%), Vitamin K: 8.75µg (8.33%), Vitamin A: 406.09IU (8.12%), Zinc: 1.2mg (7.97%), Vitamin B2: 0.12mg (7.15%), Vitamin B6: 0.13mg (6.6%), Vitamin B1: 0.1mg (6.53%), Vitamin B3: 0.94mg (4.69%), Vitamin E: 0.68mg (4.55%), Copper: 0.06mg (3.23%), Vitamin B12: 0.18µg (3.06%), Vitamin B5: 0.16mg (1.6%), Vitamin C: 1mg (1.21%)