



Chicken Nugget Tacos

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large avocado diced ripe
- ☐ 24 oz chicken nuggets
- ☐ 0.5 teaspoon chili powder
- ☐ 8 6-inch corn tortillas warmed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 cups corn kernels fresh (from 4 medium ears)
- ☐ 1 tablespoon juice of lime
- ☐ 1 small bell pepper diced red seeded

- ☐ 4 servings salt
- ☐ 2 scallions light white green chopped
- ☐ 1 tablespoon vegetable oil

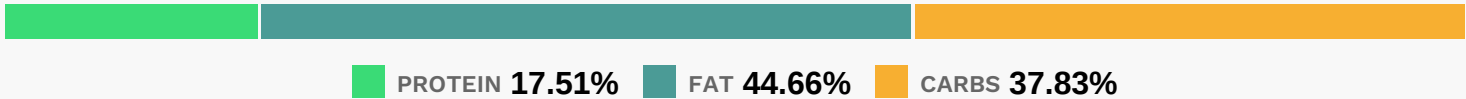
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375F. Line a baking sheet with foil. Arrange chicken nuggets on baking sheet and sprinkle with chili powder.
- ☐ Bake until crispy and cooked through, about 25 minutes.
- ☐ Combine avocado and lime juice in a small bowl. Warm oil in a large skillet over medium heat.
- ☐ Add scallions and bell pepper and cook, stirring, until softened, about 3 minutes.
- ☐ Add corn and saut until warmed through, 5 to 7 minutes.
- ☐ Remove from heat, stir in cilantro and season with salt.
- ☐ Divide corn mixture among tortillas, top each with 2 or 3 chicken nuggets and some avocado mixture. Fold over and serve.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:10.75, Inflammation Score:-8, Nutrition Score:22.668260900871%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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 Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 501.3kcal (25.06%), Fat: 26.14g (40.21%), Saturated Fat: 5.72g (35.73%), Carbohydrates: 49.82g (16.61%), Net Carbohydrates: 40.35g (14.67%), Sugar: 8.6g (9.55%), Cholesterol: 61.24mg (20.41%), Sodium: 300.14mg (13.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.12%), Vitamin C: 39.72mg (48.14%), Vitamin B3: 9.38mg (46.91%), Phosphorus: 414.62mg (41.46%), Fiber: 9.47g (37.88%), Vitamin B6: 0.69mg (34.72%), Vitamin K: 32.59µg (31.04%), Magnesium: 112.73mg (28.18%), Folate: 106.8µg (26.7%), Potassium: 854.31mg (24.41%), Manganese: 0.47mg (23.51%), Vitamin B5: 2.35mg (23.48%), Selenium: 15.89µg (22.71%), Vitamin A: 1120.62IU (22.41%), Vitamin B1: 0.32mg (21.01%), Zinc: 2.66mg (17.72%), Vitamin B2: 0.28mg (16.51%), Vitamin E: 2.22mg (14.79%), Copper: 0.29mg (14.29%), Iron: 2.44mg (13.54%), Calcium: 66.53mg (6.65%), Vitamin B12: 0.25µg (4.22%), Vitamin D: 0.16µg (1.09%)