



Chicken Soft Tacos

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.5 teaspoon chipotle chile powder
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 2 cups iceberg lettuce shredded
- ☐ 1 lime cut into 8 wedges
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat

- ☐ 3 tablespoons lower-sodium chicken broth fat-free
- ☐ 0.3 cup monterrey jack cheese shredded
- ☐ 0.5 cup salsa fresh
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 12 ounce chicken breast halves boneless skinless

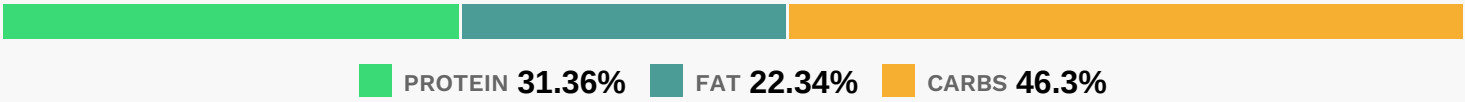
Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 3 ingredients in a medium bowl.
- ☐ Sprinkle chicken with 1 1/4 teaspoons spice mixture.
- ☐ Place chicken on a foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 350 for 30 minutes or until done. Cool slightly. Chop chicken into bite-sized pieces.
- ☐ While chicken bakes, add beans and chicken broth to remaining spice mixture in bowl; mash with a potato masher until blended.
- ☐ Place bean mixture in a small skillet coated with cooking spray. Cook, stirring frequently, over medium heat 2 to 3 minutes or until thoroughly heated.
- ☐ Warm tortillas according to package directions.
- ☐ Spread about 2 tablespoons bean mixture over each tortilla. Top each with about 3 tablespoons chicken, 1 tablespoon salsa, 1 1/2 teaspoons sour cream, 1 tablespoon cheddar cheese, 1 tablespoon Monterey Jack cheese, and 1/4 cup lettuce. Fold in half.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:10.77, Inflammation Score:-7, Nutrition Score:23.701739160911%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 408.33kcal (20.42%), Fat: 10.35g (15.92%), Saturated Fat: 4.49g (28.04%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 35.86g (13.04%), Sugar: 3.06g (3.4%), Cholesterol: 72.81mg (24.27%), Sodium: 870.07mg (37.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.36%), Phosphorus: 556.82mg (55.68%), Vitamin B3: 10.8mg (54%), Selenium: 35.84µg (51.2%), Fiber: 12.39g (49.57%), Vitamin B6: 0.92mg (45.84%), Magnesium: 112.82mg (28.21%), Potassium: 972.23mg (27.78%), Manganese: 0.54mg (26.93%), Calcium: 232.82mg (23.28%), Folate: 88.67µg (22.17%), Iron: 3.81mg (21.14%), Vitamin B2: 0.35mg (20.46%), Vitamin B1: 0.3mg (19.9%), Copper: 0.36mg (18.17%), Zinc: 2.48mg (16.5%), Vitamin B5: 1.65mg (16.49%), Vitamin C: 10.57mg (12.81%), Vitamin A: 554.48IU (11.09%), Vitamin K: 10.76µg (10.25%), Vitamin E: 0.94mg (6.28%), Vitamin B12: 0.36µg (6.07%), Vitamin D: 0.2µg (1.32%)