



Chicken Soft Tacos with Black Eyed Peas

READY IN



45 min.

SERVINGS



5

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce black beans rinsed drained canned
- ☐ 0.1 teaspoon chili pepper flakes
- ☐ 1 ounce cotija cheese shredded low-fat
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon juice of lemon
- ☐ 2 teaspoons oregano dried divided
- ☐ 4 ounces onion red chopped
- ☐ 8 ounces romaine lettuce shredded
- ☐ 10 ounce chicken breast halves boneless skinless

- ☐ 14 ounces tomatoes chopped
- ☐ 2 tablespoons vegetable broth
- ☐ 5 tortillas whole wheat

Equipment

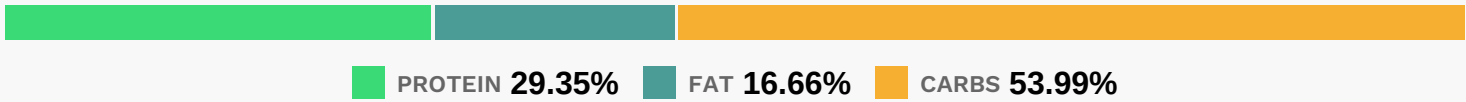
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Place peas or beans in a medium saucepan with 3 cups of water and chili flakes; bring to a boil, reduce heat and simmer 10 minutes, or until beans are tender.
- ☐ Remove from heat, and cool slightly, retaining cooking liquid.
- ☐ Place bean mixture in a blender; pulse until beans are crushed but not pureed. Stir in cumin and 1 teaspoon of oregano.
- ☐ Transfer to bowl and set aside.
- ☐ Preheat oven to 35
- ☐ Place chicken breasts in a heatproof skillet.
- ☐ Drizzle lemon juice and broth over chicken.
- ☐ Sprinkle with remaining oregano. Cover pan and bake at 350 for 30 to 35 minutes, or until juices run clear. Cool slightly; cut into thin strips or shred by hand.
- ☐ Turn oven down to 20
- ☐ Wrap tortillas with foil and place on baking sheet; bake for 15 minutes, or until warm and steamy.
- ☐ Spread each tortilla with black eyed pea puree, shredded lettuce, diced tomato, and diced onion.

Add strips of chicken, sprinkle with cheese, and serve.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:24.52869585286%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 331.29kcal (16.56%), Fat: 6.23g (9.59%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 45.43g (15.14%), Net Carbohydrates: 33.38g (12.14%), Sugar: 5.83g (6.48%), Cholesterol: 39.92mg (13.31%), Sodium: 769.42mg (33.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.39%), Vitamin A: 4698.18IU (93.96%), Vitamin K: 58.09µg (55.33%), Fiber: 12.04g (48.17%), Vitamin B3: 7.2mg (35.99%), Folate: 138.23µg (34.56%), Vitamin B6: 0.62mg (30.79%), Selenium: 20.51µg (29.31%), Phosphorus: 287.84mg (28.78%), Iron: 4.58mg (25.44%), Potassium: 853.06mg (24.37%), Manganese: 0.48mg (23.87%), Vitamin C: 18.14mg (21.99%), Calcium: 209.12mg (20.91%), Magnesium: 70.32mg (17.58%), Vitamin B1: 0.24mg (16.24%), Vitamin B2: 0.24mg (14.2%), Copper: 0.28mg (14.03%), Vitamin B5: 1.15mg (11.51%), Zinc: 1.31mg (8.76%), Vitamin E: 0.78mg (5.22%), Vitamin B12: 0.16µg (2.66%)