



Chicken Soft Tacos with Sautéed Onions and Apples

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 8 6-inch flour tortillas ()
- ☐ 2 garlic cloves minced
- ☐ 2 cups apples i use 2 granny smith apples peeled thinly sliced (2 apples)
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into bite-sized pieces

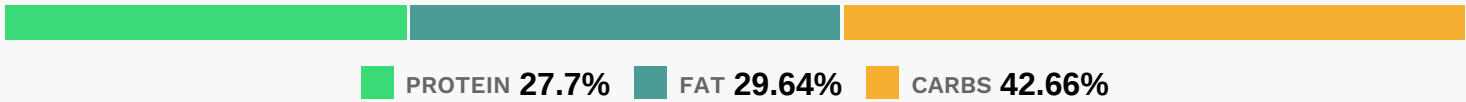
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle the chicken evenly with salt, nutmeg, and pepper.
- ☐ Add chicken to pan; saut 7 minutes or until golden.
- ☐ Remove the chicken from pan; keep warm.
- ☐ Melt butter in pan over medium heat.
- ☐ Add onion; cook 4 minutes or until tender, stirring frequently.
- ☐ Add apple; cook 6 minutes or until golden, stirring frequently.
- ☐ Add garlic; cook 30 seconds, stirring constantly. Return chicken to pan; cook 2 minutes or until thoroughly heated, stirring frequently.
- ☐ Heat tortillas according to package directions. Arrange 1/2 cup chicken mixture evenly over each tortilla.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:13.52, Inflammation Score:-7, Nutrition Score:20.87173921129%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg

0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 18.77mg, Quercetin: 18.77mg, Quercetin: 18.77mg, Quercetin: 18.77mg

Nutrients (% of daily need)

Calories: 437.58kcal (21.88%), Fat: 14.36g (22.1%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 41.41g (15.06%), Sugar: 12.21g (13.56%), Cholesterol: 80.1mg (26.7%), Sodium: 890.57mg (38.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.2g (60.41%), Vitamin B3: 14.65mg (73.24%), Selenium: 50.33µg (71.9%), Vitamin B6: 1.03mg (51.31%), Phosphorus: 395.87mg (39.59%), Vitamin B1: 0.43mg (28.41%), Manganese: 0.5mg (25.17%), Fiber: 5.11g (20.43%), Potassium: 689.4mg (19.7%), Folate: 78.39µg (19.6%), Vitamin B2: 0.32mg (19.05%), Vitamin B5: 1.87mg (18.67%), Iron: 2.92mg (16.23%), Magnesium: 55.15mg (13.79%), Vitamin C: 10.63mg (12.89%), Calcium: 120.76mg (12.08%), Vitamin K: 9.03µg (8.6%), Zinc: 1.17mg (7.78%), Copper: 0.15mg (7.58%), Vitamin E: 0.93mg (6.22%), Vitamin B12: 0.23µg (3.88%), Vitamin A: 158.59IU (3.17%)