



Chicken Suiza Stand 'N Stuff™ Tacos

READY IN



30 min.

SERVINGS



6

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper green chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup corn frozen
- ☐ 4 oz chilis green chopped canned
- ☐ 2.5 cups rotisserie chicken cut shredded (from 2-lb chicken)
- ☐ 6.7 oz tortilla bowls from 1 package old el flour tortilla bowls soft (8 Count)
- ☐ 0.8 cup cream sour
- ☐ 3 oz monterrey jack cheese shredded
- ☐ 4 oz chilis green chopped canned

- ☐ 2 tablespoons milk
- ☐ 1 cup tomatoes diced
- ☐ 0.3 cup cilantro leaves fresh chopped

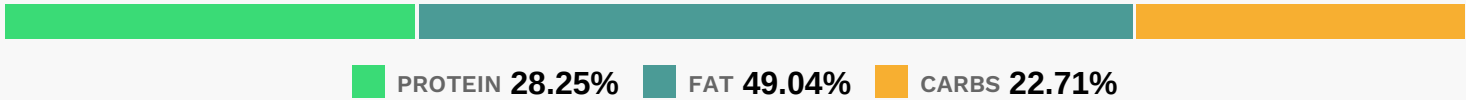
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch nonstick skillet, cook bell pepper, onion, corn and 1 can green chiles over medium-high heat 3 to 4 minutes, stirring occasionally, until vegetables are starting to soften. Stir in chicken, and cook 3 minutes longer or until chicken is heated through.
- ☐ In 8-inch skillet, heat Suiza Topping ingredients over medium heat to simmering; remove from heat.
- ☐ Heat tortillas as directed on package. Spoon 1/4 cup chicken mixture into each tortilla. Spoon 2 tablespoons topping into each.
- ☐ Garnish with tomato and cilantro.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:9.3304348173349%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 496.72kcal (24.84%), Fat: 27.11g (41.71%), Saturated Fat: 7.9g (49.36%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 25.45g (9.26%), Sugar: 3.13g (3.48%), Cholesterol: 124.81mg (41.6%), Sodium: 710.22mg (30.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.14g (70.28%), Vitamin C: 38.71mg (46.92%), Iron:

5.66mg (31.43%), Calcium: 163.57mg (16.36%), Vitamin A: 688.39IU (13.77%), Phosphorus: 121.07mg (12.11%), Fiber: 2.78g (11.14%), Folate: 39.34µg (9.84%), Vitamin B6: 0.19mg (9.42%), Vitamin B2: 0.15mg (8.84%), Potassium: 263.31mg (7.52%), Vitamin K: 6.72µg (6.4%), Manganese: 0.11mg (5.26%), Zinc: 0.77mg (5.14%), Selenium: 3.51µg (5.01%), Magnesium: 19.94mg (4.98%), Vitamin B3: 0.8mg (4.01%), Vitamin B1: 0.06mg (3.9%), Vitamin B12: 0.2µg (3.42%), Vitamin B5: 0.28mg (2.84%), Copper: 0.05mg (2.73%), Vitamin E: 0.39mg (2.63%)