



Chicken Tacos

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup lettuce shredded
- 1 lb chicken breast boneless skinless cut into 1/2-inch pieces
- 1 cup taco cheese shredded mexican style kraft finely
- 1.3 oz taco bellâ® taco seasoning mix
- 8 taco bellâ® crunchy taco shells
- 1 medium tomatoes chopped
- 0.8 cup water

Equipment

frying pan

Directions

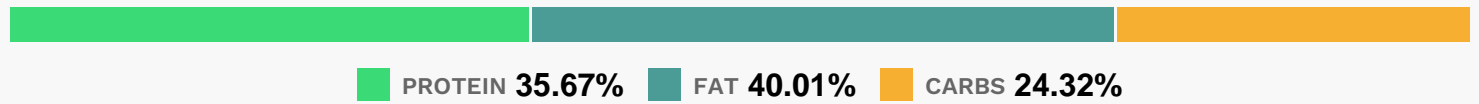
Spray large skillet with cooking spray.

Add chicken; cook and stir on medium heat until cooked through.

Stir in seasoning mix and water. Cook 10 min. or until sauce is slightly thickened, stirring occasionally.

Spoon 2 Tbsp. chicken mixture into each taco shell; sprinkle with cheese. Top evenly with lettuce and tomato.

Nutrition Facts



Properties

Glycemic Index:5.52, Glycemic Load:1.54, Inflammation Score:-2, Nutrition Score:2.9786956867446%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 58.75kcal (2.94%), Fat: 2.6g (3.99%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.54g (0.6%), Cholesterol: 15.87mg (5.29%), Sodium: 175.79mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin B3: 2mg (10%), Selenium: 6.66µg (9.52%), Vitamin B6: 0.15mg (7.55%), Phosphorus: 68.14mg (6.81%), Vitamin A: 216.8IU (4.34%), Calcium: 35.23mg (3.52%), Vitamin B5: 0.28mg (2.75%), Potassium: 93.5mg (2.67%), Magnesium: 9.74mg (2.43%), Fiber: 0.6g (2.4%), Vitamin B2: 0.04mg (2.16%), Zinc: 0.31mg (2.09%), Vitamin C: 1.57mg (1.9%), Manganese: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.56%), Vitamin B12: 0.09µg (1.52%), Iron: 0.27mg (1.51%), Folate: 5.11µg (1.28%), Vitamin K: 1.21µg (1.16%)