

Chicken Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon canola oil
- ☐ 4 servings garnish: cilantro leaves
- ☐ 8 6-inch corn tortillas
- ☐ 5 garlic cloves
- ☐ 2 jalapeño peppers trimmed
- ☐ 2 tablespoons juice of lime fresh

- ☐ 1 cup onion chopped
- ☐ 1 cup radishes sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast halves boneless skinless

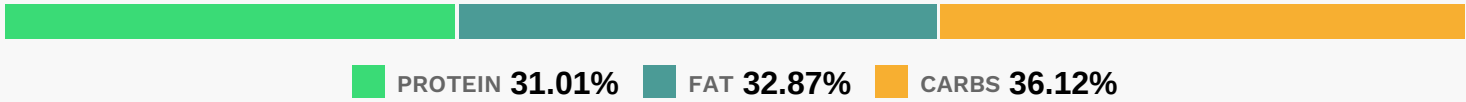
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Combine chopped onion, garlic cloves, and trimmed jalapeo peppers in a food processor; process until ground.
- ☐ Add chicken breast halves; process until finely ground.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add canola oil.
- ☐ Add chicken mixture; sprinkle with salt and pepper. Saut 10 minutes, stirring to crumble.
- ☐ Heat tortillas according to package directions.
- ☐ Place 2 tortillas on each of 4 plates; divide chicken mixture evenly among tortillas.
- ☐ Combine sliced radish, chopped avocado, and fresh lime juice; divide mixture evenly among tacos.
- ☐ Garnish with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:68.88, Glycemic Load:11.77, Inflammation Score:-7, Nutrition Score:21.404782637306%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg

0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 364.04kcal (18.2%), Fat: 13.56g (20.85%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 33.52g (11.17%), Net Carbohydrates: 26.25g (9.55%), Sugar: 3.39g (3.77%), Cholesterol: 72.57mg (24.19%), Sodium: 462.23mg (20.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.77g (57.55%), Vitamin B3: 13.51mg (67.55%), Vitamin B6: 1.21mg (60.37%), Selenium: 40.56µg (57.94%), Phosphorus: 447.17mg (44.72%), Vitamin C: 24.11mg (29.23%), Fiber: 7.27g (29.09%), Potassium: 867.55mg (24.79%), Vitamin B5: 2.35mg (23.46%), Magnesium: 87.53mg (21.88%), Manganese: 0.4mg (19.97%), Folate: 55.2µg (13.8%), Vitamin E: 2.03mg (13.54%), Vitamin B2: 0.23mg (13.45%), Vitamin K: 13.05µg (12.43%), Vitamin B1: 0.18mg (12.06%), Zinc: 1.79mg (11.93%), Copper: 0.23mg (11.53%), Iron: 1.55mg (8.62%), Calcium: 78.22mg (7.82%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 179.62IU (3.59%)