



Chicken Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado chopped
- ☐ 1 lime quartered
- ☐ 4 ounces monterrey jack cheese grated
- ☐ 1 rotisserie chicken cut store-bought
- ☐ 2 cups salsa green red store-bought
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 8 taco shells

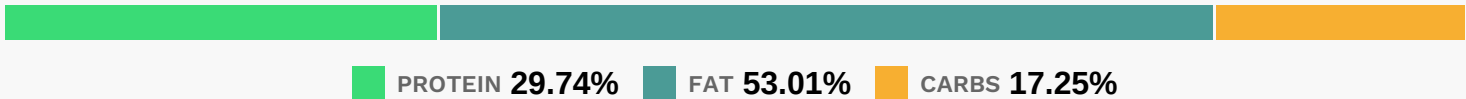
Equipment

☐ frying pan

Directions

- ☐ Remove the meat from the chicken and shred.
- ☐ Heat the salsa in a skillet over medium heat.
- ☐ Add the chicken and heat until warmed through. Fill the taco shells with the chicken mixture and top with the cheese and cilantro (if using).
- ☐ Serve with the sour cream, avocado, and lime wedges on the side. Tip: You can use soft corn or flour tortillas instead of crisp taco shells, or leftover roast beef or pork in place of chicken.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:10.1, Inflammation Score:-7, Nutrition Score:12.185652333757%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 691.44kcal (34.57%), Fat: 40.84g (62.83%), Saturated Fat: 14.35g (89.7%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 24.45g (8.89%), Sugar: 9.18g (10.21%), Cholesterol: 186.19mg (62.06%), Sodium: 1593.59mg (69.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.56g (103.12%), Calcium: 276.08mg (27.61%), Vitamin A: 1189.19IU (23.78%), Phosphorus: 232.79mg (23.28%), Fiber: 5.44g (21.78%), Vitamin C: 14.45mg (17.52%), Potassium: 604.53mg (17.27%), Folate: 65.43µg (16.36%), Vitamin B2: 0.25mg (14.51%), Vitamin K: 13.86µg (13.2%), Magnesium: 46.03mg (11.51%), Zinc: 1.67mg (11.15%), Vitamin B6: 0.22mg (10.96%), Manganese: 0.22mg (10.79%), Vitamin E: 1.43mg (9.5%), Selenium: 6.59µg (9.42%), Vitamin B5: 0.89mg (8.9%), Copper: 0.15mg (7.39%), Vitamin B3: 1.41mg (7.05%), Vitamin B1: 0.1mg (6.7%), Iron: 0.99mg (5.53%), Vitamin B12: 0.3µg (4.93%), Vitamin D: 0.17µg (1.13%)