



Chicken Tacos (Tacos de Pollo)

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced with lime juice and salt) pitted
- ☐ 1 cup chicken stock see
- ☐ 0.3 teaspoon chili powder
- ☐ 8 corn tortillas soft
- ☐ 8 servings cilantro leaves fresh for garnish
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 cup queso fresco crumbled

- ☐ 8 servings salt and pepper
- ☐ 3 cups meat from a rotisserie chicken shredded cooked
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 8 servings tomatillo salsa
- ☐ 1 teaspoon tomato paste

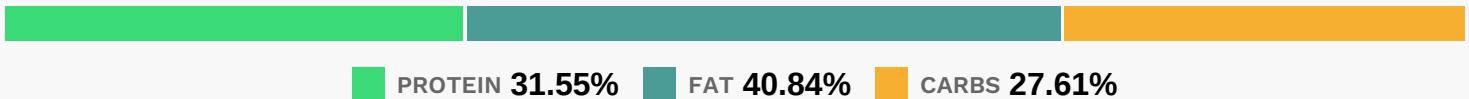
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ lace the chicken stock in a sauce pan, add the tomato paste, cumin, chili powder, and oregano. Bring to a boil, then reduce the heat to medium and add the shredded chicken. Season with salt and pepper, cook for about 3 to 5 minutes.eat the tortillas on a nonstick skillet, then wrap them in aluminum foil to keep them warm.o assemble: spread one tortilla with sour cream, then top with chicken, tomatillo salsa, avocado and queso fresco. Season with salt and pepper to taste and serve with lime on the side. Repeat the process with the remaining tortillas or just let every person assemble their own taco.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:5.08, Inflammation Score:-5, Nutrition Score:9.01086948747222%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 237.15kcal (11.86%), Fat: 10.62g (16.33%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 14.4g (5.23%), Sugar: 3.55g (3.94%), Cholesterol: 56.45mg (18.82%), Sodium: 642.64mg (27.94%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.9%), Selenium: 18.53µg (26.47%), Phosphorus: 258.64mg (25.86%), Vitamin B3: 5.06mg (25.3%), Vitamin B6: 0.31mg (15.59%), Calcium: 127.6mg (12.76%), Zinc: 1.62mg (10.83%), Vitamin B2: 0.17mg (9.72%), Magnesium: 36.93mg (9.23%), Potassium: 313.49mg (8.96%), Vitamin A: 446.81IU (8.94%), Vitamin B12: 0.43µg (7.14%), Fiber: 1.75g (6.99%), Iron: 1.2mg (6.67%), Vitamin B5: 0.63mg (6.33%), Manganese: 0.11mg (5.45%), Vitamin B1: 0.08mg (5.22%), Copper: 0.1mg (4.96%), Vitamin C: 2.69mg (3.26%), Vitamin D: 0.41µg (2.74%), Folate: 7.77µg (1.94%), Vitamin E: 0.26mg (1.71%), Vitamin K: 1.24µg (1.18%)