



Chicken Tacos Verde

READY IN



54 min.

SERVINGS



8

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 anaheim chiles seeded quartered
- ☐ 8 7-inch 7%-fat-free flour tortillas
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves peeled
- ☐ 2 tablespoons jalapeno seeded chopped 2 peppers
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.3 cups onion sliced 1 medium
- ☐ 0.5 teaspoon salt
- ☐ 3 cups meat from a rotisserie chicken shredded cooked

- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 1 pound tomatillos
- ☐ 2 tablespoons vegetable oil

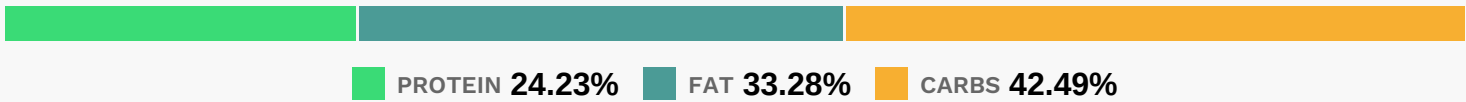
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Discard husks and stems from tomatillos.
- ☐ Cut each tomatillo in half.
- ☐ Combine tomatillos and next 5 ingredients in a bowl; toss well. Arrange tomatillo mixture in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 425 for 15 minutes or until tomatillos are tender.
- ☐ Place tomatillo mixture in a food processor; pulse 13 times or until chopped.
- ☐ Pour mixture into a large nonstick skillet.
- ☐ Add broth; bring to a boil over medium-high heat. Stir in chicken; reduce heat, and simmer, uncovered, 10 minutes or until liquid is absorbed.
- ☐ Remove from heat; stir in lime juice and salt.
- ☐ Warm tortillas according to package directions. Spoon about 1/2 cup chicken mixture on one-half of each tortilla, and fold in half. Top each taco with 1 tablespoon sour cream.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:7.81, Inflammation Score:-5, Nutrition Score:13.636521619299%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 304.58kcal (15.23%), Fat: 11.21g (17.25%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 28.52g (10.37%), Sugar: 5.74g (6.38%), Cholesterol: 40.67mg (13.56%), Sodium: 679.05mg (29.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.74%), Vitamin B3: 7.43mg (37.17%), Selenium: 24.94µg (35.62%), Phosphorus: 243.3mg (24.33%), Vitamin B1: 0.31mg (20.74%), Manganese: 0.37mg (18.72%), Vitamin C: 15.41mg (18.68%), Vitamin B6: 0.34mg (16.79%), Vitamin B2: 0.26mg (15.49%), Iron: 2.76mg (15.36%), Vitamin K: 16.11µg (15.34%), Fiber: 3.7g (14.81%), Folate: 57.6µg (14.4%), Potassium: 405.64mg (11.59%), Calcium: 104.16mg (10.42%), Magnesium: 37.54mg (9.38%), Zinc: 1.3mg (8.67%), Vitamin B5: 0.75mg (7.46%), Copper: 0.14mg (7.16%), Vitamin E: 0.64mg (4.25%), Vitamin B12: 0.24µg (3.97%), Vitamin A: 164.75IU (3.29%)