



Chicken Tacos with Corn Salsa

 Dairy Free

READY IN



6 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans drained and rinsed canned
- ☐ 10 oz canned tomatoes diced with green chilies, drained canned
- ☐ 1 tablespoon chili powder
- ☐ 2 large ears of corn
- ☐ 8 taco-sized flour tortillas warmed soft
- ☐ 3 tablespoons cilantro leaves fresh chopped for garnish
- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoons olive oil

- ☐ 6 servings salt and pepper
- ☐ 4 chicken breast halves boneless skinless

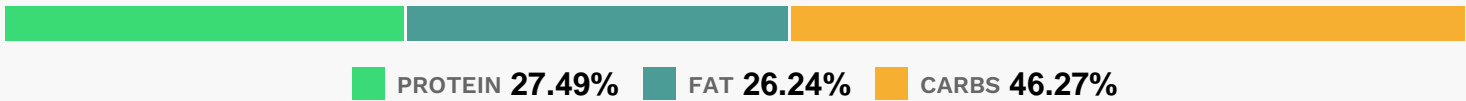
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat a gas grill to medium.
- ☐ Mix beans, tomatoes and cilantro in a medium bowl.
- ☐ In a small bowl, combine chili and garlic powders, 1/2 tsp salt and 1/4 tsp pepper.
- ☐ Drizzle chicken with 1 Tbsp olive oil and rub with spice blend.
- ☐ Drizzle corn with remaining 1 Tbsp olive oil; season with salt and pepper. Grill corn until lightly charred, 5 to 6 minutes, turning twice.
- ☐ Remove to a plate. Grill chicken until cooked through, 9 to 10 minutes, flipping once. Slice chicken into strips.
- ☐ Once corn has cooled slightly, slice of kernels and stir into bean-tomato mixture. Taste and season with salt and pepper.
- ☐ Divide salsa and chicken among tortillas and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:6.26, Inflammation Score:-7, Nutrition Score:20.907391289006%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 368.52kcal (18.43%), Fat: 10.92g (16.8%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 35.1g (12.76%), Sugar: 5.7g (6.34%), Cholesterol: 48.21mg (16.07%), Sodium: 881.96mg (38.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.74g (51.48%), Vitamin B3: 11.41mg (57.03%), Selenium: 34.68µg (49.54%), Vitamin B6: 0.76mg (38%), Phosphorus: 374.71mg (37.47%), Fiber: 8.23g (32.92%), Vitamin B1: 0.45mg (29.96%), Folate: 108.38µg (27.09%), Manganese: 0.52mg (25.85%), Potassium: 797.65mg (22.79%), Iron: 4.07mg (22.63%), Vitamin B2: 0.34mg (19.94%), Magnesium: 78.46mg (19.61%), Vitamin B5: 1.68mg (16.84%), Copper: 0.27mg (13.65%), Vitamin C: 10.52mg (12.75%), Vitamin A: 578.68IU (11.57%), Vitamin E: 1.69mg (11.24%), Calcium: 107.67mg (10.77%), Zinc: 1.39mg (9.27%), Vitamin K: 9.38µg (8.94%), Vitamin B12: 0.15µg (2.51%)