



Chicken Tacos with Mango-Avocado Salsa



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup avocado diced peeled
- ☐ 8 6-inch corn tortillas ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon jalapeno minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup mangos diced peeled

- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 cup prechopped onion
- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon paprika
- ☐ 0.8 teaspoon salt divided
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.5 cup tomatoes chopped

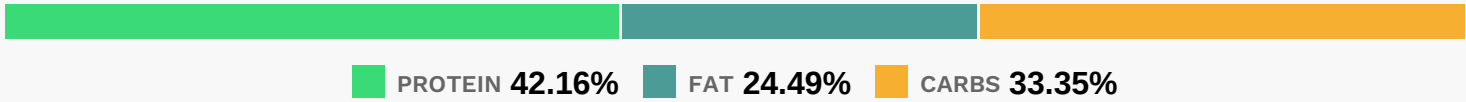
Equipment

- ☐ frying pan

Directions

- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Combine first 4 ingredients; stir in 1/2 teaspoon salt. Rub over chicken.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add chicken; cook 4 minutes on each side or until done.
- ☐ Remove chicken from pan; let stand 5 minutes.
- ☐ Cut into 1/4-inch-thick slices.
- ☐ While chicken cooks, combine mango and next 6 ingredients (through jalapeo); stir in remaining 1/4 teaspoon salt.
- ☐ Heat tortillas according to package directions; top with chicken and salsa.

Nutrition Facts



Properties

Glycemic Index:80.81, Glycemic Load:12.19, Inflammation Score:-8, Nutrition Score:25.100434588349%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg 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: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 379.74kcal (18.99%), Fat: 10.39g (15.98%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 26.05g (9.47%), Sugar: 4.84g (5.38%), Cholesterol: 108.86mg (36.29%), Sodium: 661.12mg (28.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.24g (80.47%), Vitamin B3: 19.24mg (96.2%), Selenium: 58.15µg (83.07%), Vitamin B6: 1.54mg (76.92%), Phosphorus: 549.43mg (54.94%), Vitamin B5: 2.86mg (28.57%), Potassium: 959.82mg (27.42%), Vitamin C: 21.88mg (26.52%), Magnesium: 95.71mg (23.93%), Fiber: 5.77g (23.07%), Vitamin A: 813.97IU (16.28%), Vitamin B2: 0.26mg (15.05%), Manganese: 0.3mg (15.05%), Vitamin B1: 0.2mg (13.27%), Zinc: 1.93mg (12.88%), Vitamin E: 1.71mg (11.37%), Copper: 0.21mg (10.74%), Folate: 41.56µg (10.39%), Iron: 1.68mg (9.35%), Vitamin K: 9.45µg (9%), Calcium: 64.87mg (6.49%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)