



Chile and Roasted Garlic Pulled Chicken Crunchy Tacos

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz sriracha old el paso®
- ☐ 0.5 cup juice of lime fresh
- ☐ 6 lime wedges
- ☐ 0.5 cup queso fresco crumbled
- ☐ 2 cups onion red sliced
- ☐ 2 cups rotisserie chicken cut shredded (from 2-lb chicken)
- ☐ 6 taco shells old el paso® stuff®

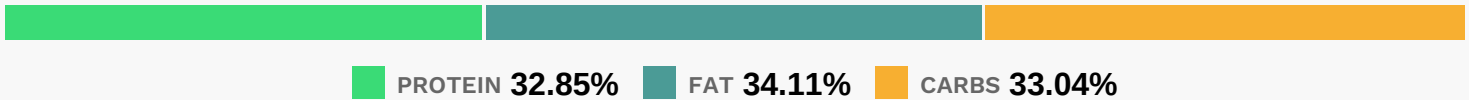
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ If pickled onions are desired, in large nonreactive bowl, stir together onions and lime juice. Cover tightly; refrigerate 1 hour.
- ☐ In 10-inch skillet, heat shredded chicken and cooking sauce over medium heat to simmering. Cook about 5 minutes or until hot and chicken begins to fall apart in sauce.
- ☐ Remove from heat.
- ☐ Spoon 1/3 cup chicken mixture into each taco shell. Top with cheese and pickled onions.
- ☐ Serve lime wedge on the side.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:6.18, Inflammation Score:-4, Nutrition Score:4.929565206818%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 9.55mg, Hesperetin: 9.55mg, Hesperetin: 9.55mg, Hesperetin: 9.55mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg

Nutrients (% of daily need)

Calories: 308.25kcal (15.41%), Fat: 11.58g (17.82%), Saturated Fat: 3.9g (24.39%), Carbohydrates: 25.25g (8.41%), Net Carbohydrates: 21.42g (7.79%), Sugar: 9.89g (10.99%), Cholesterol: 82.72mg (27.57%), Sodium: 2248.86mg (97.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.09g (50.19%), Vitamin C: 15.23mg (18.47%), Fiber: 3.83g (15.3%), Calcium: 90.57mg (9.06%), Phosphorus: 88.63mg (8.86%), Manganese: 0.14mg (7.18%), Folate: 22.58µg (5.65%), Vitamin B6: 0.11mg (5.57%), Magnesium: 20.43mg (5.11%), Potassium: 160.66mg (4.59%), Vitamin

B1: 0.07mg (4.34%), Selenium: 2.9µg (4.14%), Zinc: 0.58mg (3.88%), Vitamin B12: 0.17µg (2.85%), Vitamin B2: 0.05mg (2.84%), Copper: 0.05mg (2.74%), Iron: 0.46mg (2.53%), Vitamin A: 104.13IU (2.08%), Vitamin D: 0.27µg (1.83%), Vitamin B3: 0.35mg (1.77%), Vitamin B5: 0.17mg (1.66%), Vitamin K: 1.58µg (1.5%), Vitamin E: 0.22mg (1.43%)