



Chipotle Chicken and Vegetable Tacos

READY IN



40 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz savory vegetable frozen
- ☐ 1 chipotles in adobo (with 1 tablespoon sauce) chopped (from 7-oz can)
- ☐ 1 cup chicken shredded
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- ☐ 0.3 cup queso fresco crumbled
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 serving lime wedges

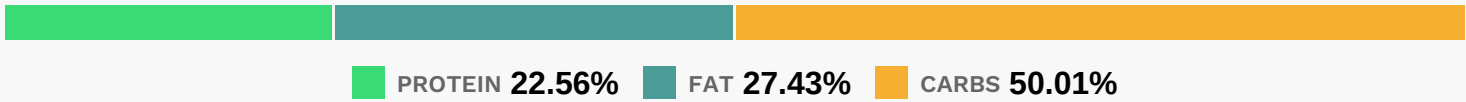
Equipment

☐ sauce pan

Directions

- ☐ Cook vegetable medley as directed on box; pour into 2-quart saucepan. Stir in chipotle chile and adobo sauce. Stir in chicken. Cook over medium heat 1 to 2 minutes, stirring frequently, until hot.
- ☐ Spoon filling onto tortillas; fold in half over filling.
- ☐ Sprinkle cheese and cilantro over filling.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:11.49, Inflammation Score:-9, Nutrition Score:15.118261071003%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 297.97kcal (14.9%), Fat: 9.07g (13.96%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 32.54g (11.83%), Sugar: 2.59g (2.88%), Cholesterol: 31.51mg (10.5%), Sodium: 537.99mg (23.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.79g (33.58%), Vitamin A: 2962.05IU (59.24%), Selenium: 23.27µg (33.24%), Vitamin B3: 6.04mg (30.2%), Vitamin B1: 0.39mg (25.77%), Phosphorus: 249.82mg (24.98%), Manganese: 0.43mg (21.65%), Fiber: 4.69g (18.75%), Folate: 73.44µg (18.36%), Iron: 3.18mg (17.67%), Vitamin B2: 0.28mg (16.29%), Calcium: 146.53mg (14.65%), Vitamin B6: 0.24mg (11.91%), Magnesium: 35.61mg (8.9%), Zinc: 1.29mg (8.62%), Potassium: 283.61mg (8.1%), Vitamin C: 6mg (7.27%), Copper: 0.14mg (6.8%), Vitamin B5: 0.56mg (5.56%), Vitamin K: 4.57µg (4.35%), Vitamin B12: 0.23µg (3.83%), Vitamin D: 0.21µg (1.37%)