



Chipotle Chicken and Vegetable Tacos

READY IN



40 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken shredded
- 1 chipotles in adobo (with 1 tablespoon sauce) chopped (from 7-oz can)
- 8 6-inch flour tortilla soft for tacos & fajitas (
- 1 tablespoon cilantro leaves fresh chopped
- 4 servings lime wedges
- 0.3 cup queso fresco crumbled
- 8 oz savory vegetable frozen

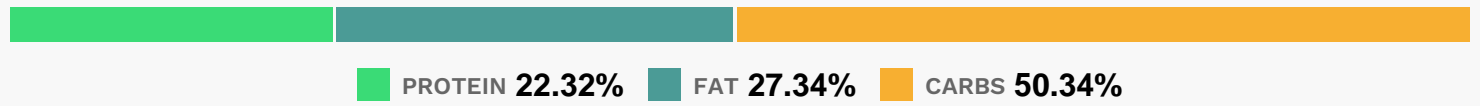
Equipment

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:11.8, Inflammation Score:-9, Nutrition Score:15.349999877422%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 303.96kcal (15.2%), Fat: 9.23g (14.19%), Saturated Fat: 3.42g (21.41%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 33.46g (12.17%), Sugar: 2.67g (2.97%), Cholesterol: 31.51mg (10.5%), Sodium: 551.87mg (23.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.9%), Vitamin A: 2962.42IU (59.25%), Selenium: 23.69µg (33.85%), Vitamin B3: 6.13mg (30.63%), Vitamin B1: 0.4mg (26.42%), Phosphorus: 253.84mg (25.38%), Manganese: 0.44mg (22.11%), Fiber: 4.77g (19.1%), Folate: 75.27µg (18.82%), Iron: 3.25mg (18.07%), Vitamin B2: 0.28mg (16.61%), Calcium: 149.53mg (14.95%), Vitamin B6: 0.24mg (11.99%), Magnesium: 36.07mg (9.02%), Zinc: 1.3mg (8.69%), Potassium: 286.73mg (8.19%), Vitamin C: 6.21mg (7.53%), Copper: 0.14mg (6.92%), Vitamin B5: 0.56mg (5.61%), Vitamin K: 4.71µg (4.49%), Vitamin B12: 0.23µg (3.83%), Vitamin D: 0.21µg (1.37%)