



Chipotle Chicken Meatball Tacos

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 14 ounce canned tomatoes diced canned
- 1 chipotle chile pepper in adobo sauce seeded chopped
- 0.3 teaspoon thyme leaves dried
- 1 large eggs
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 0.8 pound ground chicken

- 0.3 teaspoon ground cinnamon
- 1 jalapeno seeded chopped
- 6 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin
- 6 servings taco shells and toppings hard assorted for serving
- 1 onion white finely chopped
- 2 slices sandwich bread white thick

Equipment

- bowl
- baking sheet
- oven
- pot
- blender
- potato masher
- dutch oven

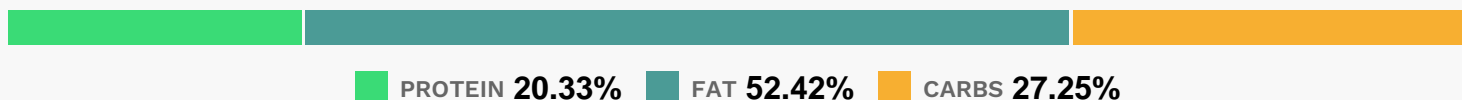
Directions

- Combine the bread and egg in a large bowl; add 1 tablespoon water and mash with a potato masher or fork to make a paste.
- Add half each of the onion and garlic, then add the cilantro, chicken, 1 teaspoon salt and 1/4 teaspoon pepper; mix with your hands until just combined.
- Brush a large baking sheet with 1 tablespoon olive oil. Shape the meat mixture into 12 meatballs and place 2 inches apart on the prepared baking sheet. Refrigerate 15 minutes.
- Meanwhile, position a rack in the upper third of the oven and preheat to 475 degrees F.
- Combine the remaining onion and garlic, the jalapeno, chipotle, tomatoes, thyme and cinnamon in a blender; pulse until smooth.
- Heat 2 tablespoons olive oil in a Dutch oven over medium-high heat.
- Pour in the tomato puree, then add the bay leaves and cook until the sauce thickens, about 6 minutes. Stir in 1 1/2 cups water, scraping up the browned bits from the bottom of the pot.

Reduce the heat to low and simmer, stirring occasionally, 10 more minutes; season with salt.

- Bake the meatballs until they just start to brown, about 8 minutes.
- Transfer to the sauce and gently simmer, spooning the sauce over the meatballs, until cooked through, about 7 minutes. (
- Add a few tablespoons of water if the sauce gets too thick.)
- Remove the bay leaves.
- Cut the meatballs in half and serve in taco shells with assorted toppings. Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:44.8, Glycemic Load:8.06, Inflammation Score:-5, Nutrition Score:9.2973913057991%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 263.63kcal (13.18%), Fat: 15.39g (23.68%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 15.68g (5.7%), Sugar: 3.56g (3.95%), Cholesterol: 79.76mg (26.59%), Sodium: 422.6mg (18.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.86%), Vitamin B3: 3.86mg (19.29%), Vitamin B6: 0.38mg (19.13%), Phosphorus: 162.75mg (16.27%), Selenium: 11.11µg (15.87%), Vitamin B2: 0.21mg (12.55%), Potassium: 385.96mg (11.03%), Manganese: 0.2mg (9.78%), Vitamin E: 1.46mg (9.73%), Vitamin B1: 0.15mg (9.69%), Fiber: 2.32g (9.29%), Iron: 1.63mg (9.06%), Vitamin K: 9.07µg (8.64%), Zinc: 1.26mg (8.42%), Vitamin B5: 0.83mg (8.32%), Vitamin A: 386.21IU (7.72%), Vitamin C: 5.85mg (7.09%), Magnesium: 27.91mg (6.98%), Folate: 26.75µg (6.69%), Calcium: 66.34mg (6.63%), Vitamin B12: 0.39µg (6.53%), Copper: 0.08mg (4.02%), Vitamin D: 0.17µg (1.11%)