



Chipotle Chicken Puffy Tacos

READY IN



40 min.

SERVINGS



8

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocado pitted cubed peeled
- 4 oz chilis green chopped canned
- 1 tablespoon juice of lime
- 2 tablespoons onion red chopped
- 0.3 cup cilantro leaves fresh chopped
- 1.5 cups lettuce shredded
- 1 plum tomatoes diced seeded (Roma)
- 0.8 cup queso fresco crumbled
- 0.8 cup salsa thick

- 1 chipotles in adobo (with 1 tablespoon adobo sauce) canned
- 0.3 cup water
- 2.5 cups rotisserie chicken cut shredded (not) (from 2-lb chicken)
- 0.3 cup vegetable oil
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)

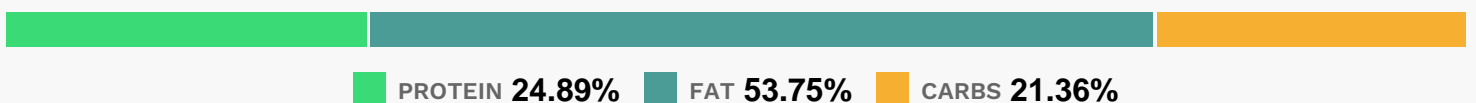
Equipment

- food processor
- bowl
- frying pan
- paper towels
- blender

Directions

- In medium bowl, make guacamole by mixing avocados, green chiles, lime juice, red onion and cilantro, mashing slightly; set aside.
- Plate Chipotle Sauce ingredients in blender or food processor. Cover; blend on high speed until smooth.
- Pour half of sauce in 10-inch skillet over medium heat with chicken, reserving 1/2 cup for topping. Cover skillet; heat chicken and sauce until warm.
- Meanwhile, heat oil in 10-inch nonstick skillet over medium heat.
- Add 1 tortilla. Cook until starting to puff up, then turn over. Once second side is puffed up, remove from skillet; drain on paper towels.
- Fold each tortilla in half, and top with slightly less than 1/3 cup chicken mixture. Top with guacamole, a drizzle of reserved sauce, lettuce, tomato and cheese.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:5.11, Inflammation Score:-5, Nutrition Score:11.836087071377%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 415.94kcal (20.8%), Fat: 25.41g (39.09%), Saturated Fat: 6.05g (37.83%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 17.14g (6.23%), Sugar: 3.35g (3.73%), Cholesterol: 78.87mg (26.29%), Sodium: 778.5mg (33.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Vitamin K: 31.75µg (30.24%), Fiber: 5.57g (22.28%), Folate: 83.5µg (20.87%), Vitamin C: 12.66mg (15.34%), Phosphorus: 145.17mg (14.52%), Manganese: 0.28mg (13.77%), Vitamin B1: 0.2mg (13.66%), Vitamin E: 2.02mg (13.47%), Selenium: 9.18µg (13.12%), Vitamin B3: 2.6mg (12.99%), Calcium: 129.72mg (12.97%), Potassium: 419.55mg (11.99%), Vitamin B6: 0.23mg (11.56%), Vitamin B2: 0.19mg (10.92%), Iron: 1.78mg (9.91%), Vitamin A: 467.56IU (9.35%), Vitamin B5: 0.88mg (8.75%), Copper: 0.16mg (7.85%), Magnesium: 30.33mg (7.58%), Zinc: 0.87mg (5.83%), Vitamin B12: 0.19µg (3.2%), Vitamin D: 0.31µg (2.06%)