



Chipotle Chicken Puffy Tacos

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocado pitted cubed peeled
- 4.5 oz chilis green chopped canned
- 1 chipotles in adobo (with 1 tablespoon adobo sauce) canned
- 0.3 cup cilantro leaves fresh chopped
- 1.5 cups lettuce shredded
- 1 tablespoon juice of lime
- 1 plum tomatoes diced seeded (Roma)
- 0.8 cup queso fresco crumbled

- 2 tablespoons onion red chopped
- 2.5 cups rotisserie chicken cut shredded (not) (from 2-lb chicken)
- 0.8 cup salsa thick
- 8 6-inch tortillas soft for tacos & fajitas (
- 0.3 cup vegetable oil
- 0.3 cup water

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



PROTEIN 24.79% **FAT 53.51%** **CARBS 21.7%**

Properties

Glycemic Index:25.38, Glycemic Load:5.26, Inflammation Score:-5, Nutrition Score:12.011304264483%

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, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 419.2kcal (20.96%), Fat: 25.49g (39.21%), Saturated Fat: 6.08g (38%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 17.63g (6.41%), Sugar: 3.39g (3.76%), Cholesterol: 78.87mg (26.29%), Sodium: 792.46mg (34.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.14%), Vitamin K: 31.82µg (30.3%), Fiber: 5.63g (22.53%), Folate: 85.34µg (21.33%), Vitamin C: 13.26mg (16.08%), Phosphorus: 147.31mg (14.73%), Manganese: 0.28mg (14.01%), Vitamin B1: 0.21mg (13.99%), Vitamin E: 2.02mg (13.47%), Selenium: 9.4µg (13.43%), Vitamin B3: 2.65mg (13.25%), Calcium: 131.73mg (13.17%), Potassium: 422.73mg (12.08%), Vitamin B6: 0.23mg (11.69%), Vitamin B2: 0.19mg (11.11%), Iron: 1.84mg (10.23%), Vitamin A: 469.79IU (9.4%), Vitamin B5: 0.88mg (8.78%), Copper: 0.16mg (7.9%), Magnesium: 30.61mg (7.65%), Zinc: 0.88mg (5.87%), Vitamin B12: 0.19µg (3.2%), Vitamin D: 0.31µg (2.06%)