



Chipotle Chicken Puffy Tacos

READY IN



40 min.

SERVINGS



8

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados pitted cubed peeled
- ☐ 4.5 ounce chiles green chopped old el paso® canned
- ☐ 1 chipotle chile in adobo canned
- ☐ 1 tablespoon adobo sauce from chipotle peppers
- ☐ 8 6-inch flour tortillas soft for tacos & fajitas old el paso® ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 cups iceberg 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 pulled deli rotisserie chicken shredded (not)
- ☐ 0.8 cup n chunky salsa thick old el paso®
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water

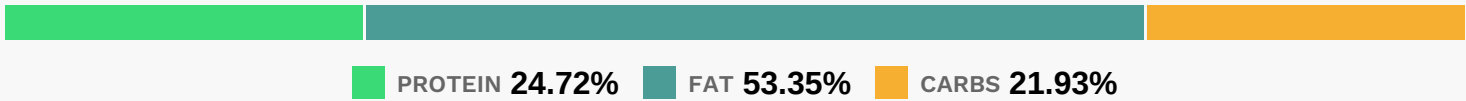
Equipment

- ☐ 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



Properties

Glycemic Index:25.38, Glycemic Load:5.26, Inflammation Score:-5, Nutrition Score:12.054782525353%

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: 420.45kcal (21.02%), Fat: 25.49g (39.21%), Saturated Fat: 6.08g (38%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 17.75g (6.46%), Sugar: 3.51g (3.9%), Cholesterol: 78.87mg (26.29%), Sodium: 792.48mg (34.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.14%), Vitamin K: 31.82µg (30.3%), Fiber: 5.82g (23.28%), 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: 1.89mg (10.48%), Vitamin A: 469.89IU (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%)