



# Chipotle Chicken Tacos with Potatoes and Guacamole

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 ancho chili pepper dried stemmed seeded
- 1 tablespoon chipotles in adobo canned chopped
- 12 corn tortillas fresh
- 3 garlic clove peeled
- 0.5 teaspoon ground cumin
- 2 tablespoons olive oil
- 1 slice onion white (1/2"-thick)

- 1 sprigs pecorino store-bought crumbled sliced (or use )
- 1 pound chicken thighs boneless skinless chilled cut into roughly 1 1/2" pieces
- 0.5 pound tomatoes ( 2" diameter)
- 2 tablespoons water cold
- 0.5 pound yukon gold potatoes peeled cut into 1/2" cubes

## Equipment

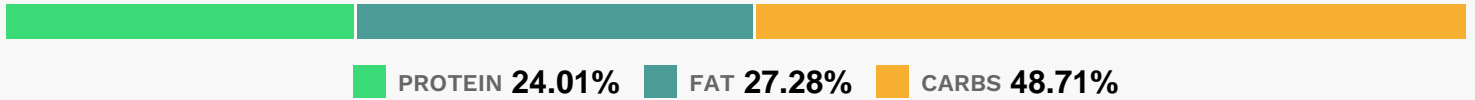
- food processor
- frying pan
- baking sheet
- oven
- pot
- blender
- aluminum foil
- broiler
- meat grinder

## Directions

- Preheat broiler.
- Soak ancho chiles in boiling water (1 cup), 5 minutes.
- While chiles soak, broil tomatoes, onion slice, and garlic on a foil-lined rimmed baking sheet 3"-4" from heat, turning once, until lightly charred, 5-7 minutes.
- Drain chiles, discarding soaking liquid, and add to blender with tomatoes, onion, garlic, chipotles with sauce, cumin, 1/2 teaspoon salt, and cold water (2 tablespoons). Purée until smooth.
- Preheat oven to 350°F. Wrap 2 stacks of tortillas in foil; warm in oven while finishing filling.
- Cook potatoes in a 3- to 4-quart pot of well-salted boiling water until just tender but not falling apart, 5-7 minutes.
- Drain.
- Coarsely grind chicken in a meat grinder or food processor (or use pre-ground meat).

- Heat oil in a 12" heavy skillet over medium-high heat until it shimmers.
- Add chile purée (it will splatter) and cook, stirring, 4 minutes (sauce will thicken).
- Add ground chicken and cook, stirring and breaking up clumps, 1 minute. Cover skillet and reduce heat; simmer, stirring occasionally, until chicken is cooked through, about 4 minutes.
- Gently stir in potatoes and reheat.
- Serve chicken and potatoes with warm tortillas and accompaniments.

## Nutrition Facts



### Properties

Glycemic Index:43.54, Glycemic Load:15.47, Inflammation Score:-9, Nutrition Score:19.712608731311%

### Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

### Nutrients (% of daily need)

Calories: 324.04kcal (16.2%), Fat: 10.11g (15.56%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 40.63g (13.54%), Net Carbohydrates: 32.38g (11.77%), Sugar: 6.82g (7.58%), Cholesterol: 71.9mg (23.97%), Sodium: 106.59mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.05%), Vitamin A: 3428.24IU (68.56%), Phosphorus: 357.88mg (35.79%), Vitamin B6: 0.71mg (35.44%), Vitamin B3: 6.66mg (33.29%), Fiber: 8.25g (32.99%), Selenium: 21.04µg (30.05%), Potassium: 761.45mg (21.76%), Manganese: 0.41mg (20.6%), Vitamin C: 16.94mg (20.54%), Vitamin K: 21.38µg (20.36%), Magnesium: 79.23mg (19.81%), Vitamin B2: 0.33mg (19.45%), Zinc: 2.15mg (14.37%), Iron: 2.57mg (14.3%), Vitamin B5: 1.23mg (12.33%), Vitamin B1: 0.18mg (11.72%), Copper: 0.22mg (10.99%), Vitamin E: 1.54mg (10.24%), Vitamin B12: 0.48µg (8.07%), Calcium: 67.83mg (6.78%), Folate: 23.82µg (5.95%)