



## Chipotle Cranberry Crunchy Tacos

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



8

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 oz chipotle sauce old el paso®
- 2 cups rotisserie chicken cut shredded leftover
- 8 taco shells old el paso® (from 4.6-oz box)
- 0.5 cup roasted cranberry sauce whole canned

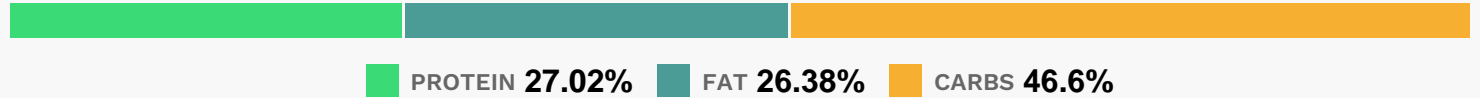
### Equipment

- bowl
- frying pan

## Directions

- In small bowl, mix cranberry sauce and cooking sauce.
- In 10-inch nonstick skillet, heat sauce mixture and chicken over medium heat about 10 minutes or until thoroughly heated and sauce is slightly thickened.
- Fill each taco shell with about 1/4 cup chicken filling. Top with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:8.5, Glycemic Load:4.63, Inflammation Score:-1, Nutrition Score:2.7478261285502%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 287.05kcal (14.35%), Fat: 8.69g (13.37%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 25.45g (9.25%), Sugar: 17.5g (19.44%), Cholesterol: 56.78mg (18.93%), Sodium: 269.38mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.05%), Fiber: 9.1g (36.38%), Manganese: 0.08mg (3.95%), Phosphorus: 28.66mg (2.87%), Magnesium: 10.31mg (2.58%), Folate: 8.45µg (2.11%), Vitamin B1: 0.03mg (1.9%), Vitamin E: 0.25mg (1.64%), Iron: 0.27mg (1.49%), Vitamin B6: 0.03mg (1.34%), Zinc: 0.2mg (1.32%), Calcium: 12.52mg (1.25%), Vitamin K: 1.28µg (1.22%), Vitamin B3: 0.24mg (1.21%)