



WHATSheATE



## Crisp Chicken Tacos



Gluten Free

READY IN



105 min.

SERVINGS



18

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



7 cups grilled chicken



1 cup cilantro leaves chopped



36 corn tortillas (6 in. wide)



1.5 cups guacamole



5 oz hot sauce



13 oz lettuce shredded finely



8 oz monterrey jack cheese mixed shredded



1 pound roma tomatoes cored rinsed chopped

- ☐ 2 cups salsa fresh
- ☐ 2 cups cream sour
- ☐ 2 cups vegetable oil

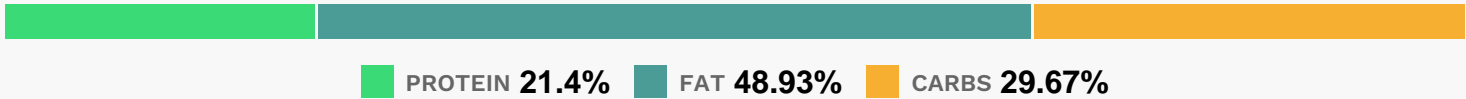
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ spatula
- ☐ tongs

## Directions

- ☐ Put lettuce, cheese, tomatoes, salsa, sour cream, guacamole, and cilantro in separate bowls (see notes); cover and chill.
- ☐ Line two shallow baking dishes (9 by 13 in. or larger) with several layers of paper towels and set in a 200° oven. Also line a 10- by 15-inch baking pan with paper towels; set beside range.
- ☐ Pour about 1/2 inch oil into a 10-inch frying pan over medium-high heat. When oil reaches 350° on a thermometer, dip one tortilla in and, with tongs, quickly turn it over; immediately spoon about 3 tablespoons chicken in a mound in the center. At once, using the tongs and a small spatula, fold tortilla in half and hold down gently until bottom side is crisp but still slightly flexible, 15 to 20 seconds; turn over and fry other side the same way. Lift taco from oil and tilt one end down to drain off excess oil. Set briefly in towel-lined baking pan to drain, then transfer to a baking dish in the oven. Repeat to fry remaining tacos, adding more oil as needed.
- ☐ Set out tacos with bowls of condiments and hot sauce for guests to fill as desired.

## Nutrition Facts



## Properties

Glycemic Index:12.19, Glycemic Load:10.61, Inflammation Score:-7, Nutrition Score:15.84130434368%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 394.89kcal (19.74%), Fat: 21.94g (33.76%), Saturated Fat: 7.41g (46.33%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 24.16g (8.78%), Sugar: 3.8g (4.23%), Cholesterol: 67.12mg (22.37%), Sodium: 550.57mg (23.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.18%), Phosphorus: 374.69mg (37.47%), Vitamin B3: 6mg (29.99%), Selenium: 19.71µg (28.16%), Vitamin B6: 0.5mg (25.22%), Vitamin K: 25.07µg (23.87%), Fiber: 5.79g (23.15%), Calcium: 186.48mg (18.65%), Magnesium: 70.04mg (17.51%), Vitamin A: 833.98IU (16.68%), Vitamin C: 13.02mg (15.78%), Potassium: 543.69mg (15.53%), Manganese: 0.31mg (15.36%), Vitamin B2: 0.26mg (15.3%), Zinc: 2.25mg (14.99%), Vitamin E: 1.66mg (11.07%), Vitamin B5: 1.1mg (11.01%), Iron: 1.85mg (10.27%), Copper: 0.2mg (10.11%), Folate: 37.9µg (9.47%), Vitamin B1: 0.13mg (8.99%), Vitamin B12: 0.32µg (5.27%)