



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 iceberg lettuce shredded finely
- ☐ 8 oz cheddar and jack cheese mixed shredded
- ☐ 1 pound roma tomatoes cored rinsed chopped

- ☐ 2 cups salsa fresh
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 2 cups vegetable oil

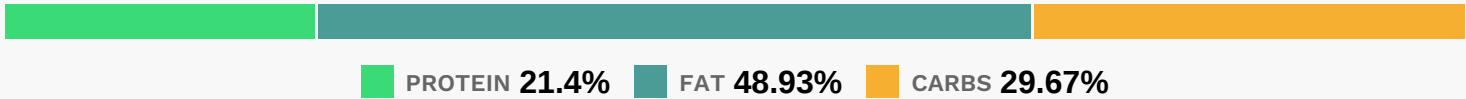
Equipment

- ☐ 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%)