



Crisp Chicken Tacos (Tacos de Pollo)



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups chicken meat shredded packed cooked (see Notes)
- ☐ 16 corn tortillas (5 to 6 in.)
- ☐ 1 cup cilantro leaves fresh coarsely chopped
- ☐ 0.5 lb jack cheese shredded
- ☐ 8 servings kosher salt
- ☐ 8 servings tomato-cucumber salsa
- ☐ 2 cups vegetable oil divided
- ☐ 8 servings wooden toothpicks

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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ toothpicks
- ☐ kitchen towels
- ☐ slotted spoon

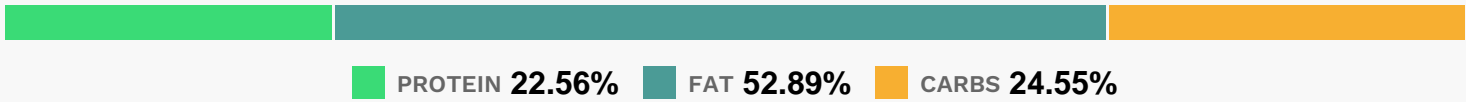
Directions

- ☐ Preheat oven to 20
- ☐ In a bowl, mix chicken with cheese and season to taste with salt.
- ☐ Pour 3 tbsp. oil into a medium frying pan over high heat. When hot, add tortillas, 1 at a time, heating just enough to soften but not crisp, about 10 seconds per side. As heated, stack on paper towels, cover with a kitchen towel, and keep warm in oven.
- ☐ Add more oil to pan as needed.
- ☐ Mix cilantro with chicken filling. Working with 1 tortilla at a time, distribute about 1/4 cup packed chicken filling down center. Fold tortilla in half over filling and thread 1 toothpick through top edges to seal. If assembling ahead, arrange filled tacos on a tray, cover with plastic wrap, and chill up to 4 hours.
- ☐ Pour at least 1/2 in. oil into same pan and set on high heat. When hot, add 4 to 6 tacos (depending on pan size; do not overcrowd). Tacos should sizzle when they hit oil. Turn as needed until shells are crisp and golden brown, 1 to 2 minutes per side. Lift tacos from pan with a slotted spoon, draining oil back into pan.
- ☐ Lay tacos in a single layer on a baking sheet lined with paper towels and keep warm in oven. Fry remaining tacos the same way, adding more oil as needed. When all tacos are cooked, pull out and discard toothpicks.

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Serve with salsa on the side.

Nutrition Facts



Properties

Glycemic Index:13.69, Glycemic Load:10.12, Inflammation Score:-6, Nutrition Score:13.710434975831%

Flavonoids

Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 412.87kcal (20.64%), Fat: 24.52g (37.73%), Saturated Fat: 8.27g (51.69%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 21.71g (7.89%), Sugar: 1.84g (2.04%), Cholesterol: 64.61mg (21.54%), Sodium: 637.5mg (27.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.09%), Phosphorus: 401.15mg (40.12%), Selenium: 20.5µg (29.29%), Calcium: 270.33mg (27.03%), Vitamin K: 28.3µg (26.95%), Vitamin B3: 5.32mg (26.62%), Vitamin B6: 0.41mg (20.54%), Zinc: 2.4mg (16.03%), Fiber: 3.91g (15.63%), Magnesium: 61.44mg (15.36%), Vitamin B2: 0.23mg (13.82%), Manganese: 0.23mg (11.34%), Vitamin A: 529.13IU (10.58%), Vitamin E: 1.55mg (10.34%), Potassium: 332.93mg (9.51%), Iron: 1.65mg (9.18%), Copper: 0.14mg (7.23%), Vitamin B5: 0.7mg (7.03%), Vitamin B1: 0.1mg (6.55%), Vitamin B12: 0.39µg (6.46%), Folate: 12.85µg (3.21%), Vitamin C: 1.15mg (1.39%), Vitamin D: 0.17µg (1.13%)