



Crispy Chicken Mini-Tacos

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chicken breast bone-in with skin
- ☐ 6 corn tortillas
- ☐ 3 tablespoons mild feta cheese
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 tablespoons iceberg lettuce shredded
- ☐ 1 jalapeño stemmed deveined
- ☐ 0.3 cup crema mexicana sour
- ☐ 2 teaspoons olive oil

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 cup tomatoes finely chopped
- ☐ 4 servings vegetable oil for frying
- ☐ 0.5 cup onion white finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the tomato, onion, jalapeno, and cilantro in a bowl.
- ☐ Mix well and season with salt and pepper, to taste. Set aside.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Brush the chicken breast with olive oil and sprinkle generously with salt and pepper, to taste.
- ☐ Put the chicken on a small sheet pan and roast until fully cooked through, about 25 minutes.
- ☐ Remove the chicken from the oven and allow it to cool before shredding.
- ☐ In a medium shallow skillet heat enough vegetable oil to come half way up the sides of the pan. Shred the chicken into small pieces and put about 2 tablespoons down the center of each corn tortilla.
- ☐ Roll up each tortilla like a cigar and secure them with a toothpick. Fry the tacos until golden brown on all sides, turning once, about 4 minutes total.
- ☐ Remove the toothpicks and cut each taco in half.
- ☐ To serve: Top with shredded lettuce and freshly made salsa.
- ☐ Drizzle with Mexican crema and sprinkle with crumbled queso fresco.

Nutrition Facts



 **PROTEIN 25.57%**  **FAT 41.2%**  **CARBS 33.23%**

Properties

Glycemic Index:60.88, Glycemic Load:8.45, Inflammation Score:-6, Nutrition Score:12.729565330174%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 268.85kcal (13.44%), Fat: 12.45g (19.15%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 19.09g (6.94%), Sugar: 3.25g (3.62%), Cholesterol: 51.63mg (17.21%), Sodium: 231.32mg (10.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Vitamin B3: 6.79mg (33.94%), Selenium: 22.73µg (32.47%), Phosphorus: 301.93mg (30.19%), Vitamin B6: 0.59mg (29.54%), Vitamin C: 11.78mg (14.27%), Fiber: 3.51g (14.02%), Magnesium: 53.05mg (13.26%), Calcium: 132.12mg (13.21%), Vitamin K: 13.7µg (13.05%), Potassium: 440.09mg (12.57%), Vitamin A: 591.63IU (11.83%), Manganese: 0.24mg (11.81%), Vitamin B5: 0.97mg (9.69%), Zinc: 1.25mg (8.31%), Vitamin E: 1.13mg (7.54%), Vitamin B1: 0.11mg (7.11%), Vitamin B2: 0.12mg (7.01%), Copper: 0.11mg (5.75%), Iron: 0.93mg (5.18%), Vitamin B12: 0.3µg (4.99%), Folate: 18.68µg (4.67%), Vitamin D: 0.36µg (2.37%)