



Crispy Chicken Skin Tacos with Habanero Salsa



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 chicken breasts whole
- ☐ 4 servings salt
- ☐ 1 habanero chiles seeds removed and chopped
- ☐ 4 green onions light
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 roma seeded chopped
- ☐ 3 Tbsp juice of lemon

- ☐ 0.3 small head iceberg lettuce with cider vinegar and salt thinly sliced
- ☐ 1 avocado peeled seeded chopped
- ☐ 4 servings more cilantro and green onion chopped for garnish
- ☐ 4 flour tortillas gluten-free (use corn tortillas if cooking)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wooden spoon
- ☐ cutting board

Directions

- ☐ Fry chicken skin on medium-low heat:
- ☐ Lay the chicken skin, fat side down, in a non-stick pan set over medium-low heat. Slowly crisp the skins, letting the fat render. Press them down with a wooden spoon if air pockets develop. Cook them for 5-8 minutes before flipping them over.
- ☐ Once you have turned the chicken skins over, salt them.
- ☐ Make habanero salsa: While the skins are cooking, put the habaneros, green onions, cilantro, tomatoes, and lemon juice into a food processor.
- ☐ Add a pinch of salt. Pulse a few times to combine. Set aside in a small bowl.
- ☐ Cut fried chicken skin into strips: When the chicken skins are browned and crispy, remove them to a paper towel-lined plate to absorb the excess fat. Then place them on a cutting board and cut them into strips.
- ☐ Pour off all but a thin sheen of chicken fat from the pan (do not discard down a drain or you may clog your drain).
- ☐ Heat the tortillas in the pan over medium-high heat, turning now and then, until they air pockets develop and the tortillas soften.
- ☐ Place lettuce, chopped avocado, crispy chicken skin, habanero salsa, and more cilantro or green onion on the heated tortillas. Fold and eat.

Nutrition Facts

PROTEIN 58.83% FAT 31.83% CARBS 9.34%

Properties

Glycemic Index:62.75, Glycemic Load:1.45, Inflammation Score:-8, Nutrition Score:32.884782557902%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg 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: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 426.77kcal (21.34%), Fat: 14.94g (22.98%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 5.09g (1.85%), Sugar: 2.88g (3.2%), Cholesterol: 180.8mg (60.27%), Sodium: 533.05mg (23.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.13g (124.25%), Vitamin B3: 30.8mg (154.02%), Selenium: 90.81µg (129.72%), Vitamin B6: 2.35mg (117.65%), Phosphorus: 643.75mg (64.37%), Vitamin K: 60.38µg (57.51%), Vitamin B5: 4.83mg (48.26%), Vitamin C: 37.4mg (45.34%), Potassium: 1493.73mg (42.68%), Magnesium: 99.98mg (24.99%), Vitamin B2: 0.39mg (22.72%), Folate: 79.5µg (19.88%), Fiber: 4.77g (19.08%), Vitamin A: 872.72IU (17.45%), Vitamin B1: 0.26mg (17.04%), Zinc: 2.15mg (14.36%), Vitamin E: 2mg (13.33%), Manganese: 0.23mg (11.52%), Copper: 0.23mg (11.44%), Iron: 1.93mg (10.73%), Vitamin B12: 0.56µg (9.42%), Calcium: 43.49mg (4.35%), Vitamin D: 0.28µg (1.88%)