



Crispy Chicken Tacos

 Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb chicken tenderloins fresh
- ☐ 0.5 tsp chipotle chile pepper powder
- ☐ 12 6-inch corn tortillas warmed ()
- ☐ 0.3 tsp garlic powder
- ☐ 3 cups coleslaw blend (cabbage slaw mix)
- ☐ 1 mangos cut into thin matchlike sticks
- ☐ 1 pkt. shake & bake seasoned panko seasoned coating mix
- ☐ 1 cup sharp cheddar cheese shredded kraft finely

☐

0.3 cup mango chipotle vinaigrette dressing kraft

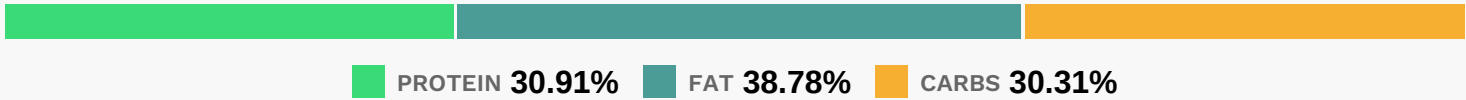
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F.
- ☐ Combine coating mix and seasonings in medium bowl; stir in cheese.
- ☐ Moisten chicken with water; dip chicken pieces, 1 at a time, into cheese mixture. Lightly press cheese mixture onto both sides of chicken. (Chicken will not be completely coated.)
- ☐ Place on baking sheet sprayed with cooking spray; top with any remaining cheese mixture.
- ☐ Bake 15 to 18 min. or until done (165F). Meanwhile, toss coleslaw with dressing.
- ☐ Top tortillas with chicken, coleslaw and mangos; fold in half.

Nutrition Facts



Properties

Glycemic Index:29.71, Glycemic Load:13.09, Inflammation Score:-7, Nutrition Score:22.287391444911%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 413.06kcal (20.65%), Fat: 17.97g (27.64%), Saturated Fat: 5.81g (36.3%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 26.75g (9.73%), Sugar: 6.89g (7.65%), Cholesterol: 91.41mg (30.47%), Sodium: 349.92mg

(15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.22g (64.44%), Selenium: 45.35µg (64.79%), Vitamin B3: 12.93mg (64.65%), Vitamin B6: 1.06mg (53.14%), Phosphorus: 502.14mg (50.21%), Vitamin K: 42.45µg (40.43%), Vitamin C: 26.73mg (32.4%), Magnesium: 79.76mg (19.94%), Calcium: 198.88mg (19.89%), Fiber: 4.83g (19.33%), Vitamin B5: 1.89mg (18.94%), Potassium: 650.92mg (18.6%), Vitamin B2: 0.26mg (15.15%), Zinc: 2.13mg (14.19%), Manganese: 0.27mg (13.38%), Vitamin A: 631.36IU (12.63%), Vitamin B1: 0.16mg (10.57%), Folate: 41.04µg (10.26%), Vitamin E: 1.51mg (10.04%), Copper: 0.16mg (8.13%), Iron: 1.32mg (7.32%), Vitamin B12: 0.43µg (7.11%), Vitamin D: 0.23µg (1.51%)