



Crunchy Avocado Ten Minute Tacos

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced pitted peeled
- 4.5 oz chilis green undrained chopped old el paso® canned
- 8 servings hot sauce for drizzling
- 0.5 cup queso fresco crumbled
- 2.5 cups rotisserie chicken cut shredded (from 2-lb chicken)
- 8 taco shells old el paso® stuff®

Equipment

- bowl

Directions

- Stir warm shredded chicken together with green chiles in medium bowl.
- Spoon filling into warm taco shells. Top with avocado and crumbled queso fresco and drizzle with sriracha sauce.

Nutrition Facts

 **PROTEIN 35.1%**  **FAT 48.58%**  **CARBS 16.32%**

Properties

Glycemic Index:13.5, Glycemic Load:4.82, Inflammation Score:-2, Nutrition Score:4.7247826171958%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 259.52kcal (12.98%), Fat: 14.21g (21.86%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 7.98g (2.9%), Sugar: 0.54g (0.6%), Cholesterol: 76.24mg (25.41%), Sodium: 420.4mg (18.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.1g (46.2%), Fiber: 2.76g (11.04%), Vitamin C: 8.04mg (9.75%), Folate: 37.78µg (9.45%), Phosphorus: 72.15mg (7.21%), Calcium: 63.92mg (6.39%), Vitamin K: 6.39µg (6.08%), Vitamin B6: 0.11mg (5.7%), Manganese: 0.11mg (5.26%), Potassium: 177.58mg (5.07%), Magnesium: 19.72mg (4.93%), Vitamin E: 0.63mg (4.21%), Vitamin B5: 0.39mg (3.9%), Vitamin B3: 0.76mg (3.82%), Zinc: 0.57mg (3.77%), Vitamin B2: 0.06mg (3.55%), Copper: 0.06mg (3.19%), Vitamin B1: 0.05mg (3.17%), Selenium: 2.2µg (3.14%), Iron: 0.56mg (3.13%), Vitamin A: 120.43IU (2.41%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.21µg (1.37%)