



Crunchy Chicken Nugget Tacos



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



1183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup caesar dressing
- ☐ 12 chicken breast frozen fully cooked
- ☐ 0.5 cup chow mein noodles
- ☐ 4 10-inch flour tortilla (8 to 10 inches in diameter)
- ☐ 2 cups lettuce shredded
- ☐ 1 medium tomatoes cut into 8 slices

Equipment

- ☐ oven

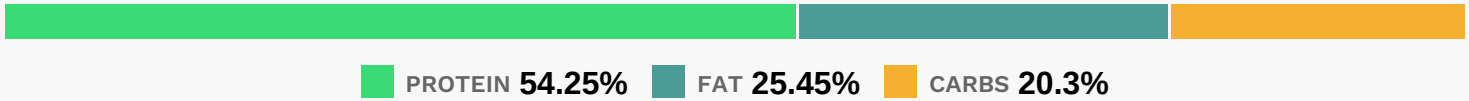
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microwave

Directions

- ☐ Bake or microwave nuggets as directed on package.
- ☐ Meanwhile, spread 1 tablespoon dressing over each tortilla; sprinkle each evenly with 1/2 cup lettuce. Arrange 2 tomato slices and 3 nuggets down center of each tortilla; sprinkle nuggets with 2 tablespoons chow mein noodles.
- ☐ Fold sides of tortillas over filling, slightly overlapping.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:11.44, Inflammation Score:-8, Nutrition Score:43.604782850846%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 1182.92kcal (59.15%), Fat: 32.28g (49.67%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 57.92g (19.31%), Net Carbohydrates: 53.02g (19.28%), Sugar: 5.06g (5.62%), Cholesterol: 439.65mg (146.55%), Sodium: 1669.37mg (72.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 154.82g (309.64%), Vitamin B3: 74.04mg (370.21%), Selenium: 232.84µg (332.63%), Vitamin B6: 5.16mg (258.15%), Phosphorus: 1585.37mg (158.54%), Vitamin B5: 9.85mg (98.49%), Potassium: 2724mg (77.83%), Vitamin B1: 0.81mg (54.24%), Vitamin B2: 0.89mg (52.45%), Magnesium: 197.88mg (49.47%), Iron: 6.39mg (35.49%), Vitamin K: 32.92µg (31.36%), Zinc: 4.43mg (29.51%), Folate: 108.27µg (27.07%), Manganese: 0.53mg (26.66%), Vitamin B12: 1.36µg (22.67%), Fiber: 4.91g (19.64%), Vitamin C: 13.4mg (16.24%), Calcium: 152.71mg (15.27%), Vitamin E: 2.22mg (14.77%), Copper: 0.28mg (14.22%), Vitamin A: 645.26IU (12.91%), Vitamin D: 0.69µg (4.62%)