



Crunchy Chicken Nugget Tacos

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

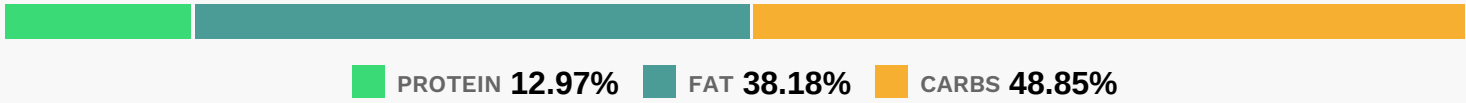
- ☐ oven

☐ 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:-6, Nutrition Score:15.2530435084%

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: 578kcal (28.9%), Fat: 25.22g (38.81%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 72.63g (24.21%), Net Carbohydrates: 61.42g (22.33%), Sugar: 8.21g (9.12%), Cholesterol: 5.73mg (1.91%), Sodium: 882.89mg (38.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.56%), Iron: 12.28mg (68.22%), Fiber: 11.21g (44.84%), Vitamin K: 31.57µg (30.06%), Vitamin B1: 0.38mg (25.31%), Selenium: 15.88µg (22.69%), Manganese: 0.43mg (21.57%), Folate: 81.15µg (20.29%), Potassium: 656.4mg (18.75%), Vitamin B3: 3.33mg (16.63%), Phosphorus: 161.57mg (16.16%), Vitamin B2: 0.21mg (12.57%), Calcium: 123mg (12.3%), Vitamin A: 441.86IU (8.84%), Vitamin C: 5.26mg (6.38%), Vitamin E: 0.93mg (6.18%), Magnesium: 21.6mg (5.4%), Copper: 0.1mg (5.07%), Vitamin B6: 0.08mg (4.23%), Zinc: 0.49mg (3.29%), Vitamin B5: 0.19mg (1.87%)