



Diced Tomato Stand 'N Stuff® Chicken Tacos

 **Gluten Free**

READY IN



30 min.

SERVINGS



10

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups lettuce shredded
- ☐ 3 oz cheddar cheese shredded
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 1 teaspoons taco seasoning old el paso® (from 1-oz package)
- ☐ 4.7 oz taco shells old el paso® stuff® (10 shells)
- ☐ 1.5 cups tomatoes diced (2 medium)
- ☐ 1 tablespoon vegetable oil

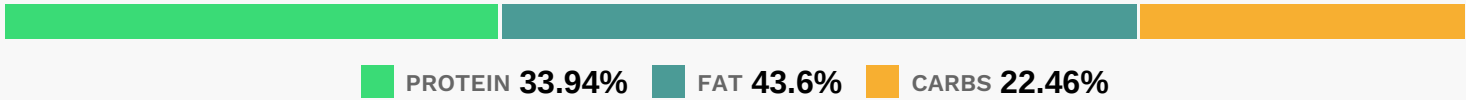
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Brush grill pan or 10-inch skillet with oil.
- ☐ Heat pan over medium-high heat.
- ☐ Sprinkle taco seasoning mix on chicken breasts; cook on grill pan 10 to 12 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- ☐ Remove from pan.
- ☐ Let stand 5 minutes.
- ☐ Cut chicken.
- ☐ Heat taco shells as directed on package. Fill taco shells with chicken, tomatoes, lettuce and cheese.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:5.53, Inflammation Score:-4, Nutrition Score:9.2108695196069%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 181.34kcal (9.07%), Fat: 8.69g (13.38%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 8.7g (3.16%), Sugar: 1.17g (1.3%), Cholesterol: 44.79mg (14.93%), Sodium: 168.29mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.46%), Vitamin B3: 6.32mg (31.61%), Selenium: 21.21µg (30.3%), Vitamin B6: 0.48mg (24.15%), Phosphorus: 198.03mg (19.8%), Vitamin K: 10.07µg (9.59%), Potassium: 325.46mg (9.3%), Vitamin B5: 0.88mg (8.79%), Calcium: 81.76mg (8.18%), Magnesium: 31.82mg (7.95%), Vitamin A: 381.97IU (7.64%), Vitamin B2: 0.11mg (6.68%), Manganese: 0.13mg (6.66%), Zinc: 0.92mg (6.14%), Vitamin B1: 0.08mg (5.55%), Fiber: 1.38g (5.52%), Folate: 21.82µg (5.46%), Vitamin C: 4.25mg (5.15%), Vitamin E: 0.53mg (3.52%),

Vitamin B12: 0.2µg (3.39%), Iron: 0.58mg (3.21%), Copper: 0.05mg (2.54%)