



Dinner Tonight: Chipotle Chicken Salad Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings canola oil
- ☐ 2 chipotles in adobo canned finely chopped
- ☐ 3 tablespoons apple cider vinegar
- ☐ 2 servings corn tortillas
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 onion diced red
- ☐ 2 cups the of 1 cos lettuce chopped
- ☐ 2 servings salt

☐ 6 ounces chicken shredded cooked

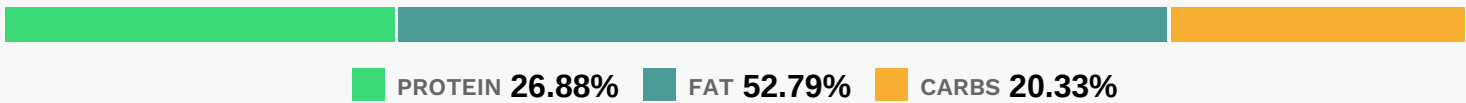
Equipment

☐ frying pan

Directions

- ☐ Toss the chicken in a small pan and turn the heat to medium. If the chicken is mostly white meat than add a little oil. Lightly brown the chicken while you get the dressing mixed.
- ☐ Combine the cider vinegar, oregano, chipotles, and red onion. Season with salt.
- ☐ When the chicken has lightly browned, pour in the vinegar mixture. Stir until combined.
- ☐ Heat a large pan over high heat. Cook the tortillas for a few seconds on each side to soften them.
- ☐ Toss a little of the chicken on each tortilla, sprinkle on a bit of lettuce, and eat.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:5.41, Inflammation Score:-10, Nutrition Score:18.848260838053%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 353.34kcal (17.67%), Fat: 20.58g (31.66%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 13.04g (4.74%), Sugar: 2.5g (2.78%), Cholesterol: 63.79mg (21.26%), Sodium: 275.11mg (11.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.14%), Vitamin A: 4147.13IU (82.94%), Vitamin K: 64.43µg (61.36%), Vitamin B3: 7.3mg (36.51%), Selenium: 22.83µg (32.62%), Phosphorus: 266.3mg (26.63%), Vitamin B6: 0.47mg (23.37%), Fiber: 4.78g (19.14%), Folate: 74.45µg (18.61%), Vitamin E: 2.77mg (18.46%), Manganese: 0.3mg (14.81%), Iron: 2.61mg (14.49%), Magnesium: 48.37mg (12.09%), Zinc: 1.8mg (12.01%), Potassium: 408.35mg (11.67%), Vitamin B2: 0.18mg (10.73%), Vitamin B5: 0.95mg (9.48%), Vitamin B1: 0.12mg (7.94%), Calcium: 67.6mg (6.76%), Copper: 0.12mg (6.24%), Vitamin B12: 0.25µg (4.11%), Vitamin C: 2.92mg (3.54%)