



Easy Chipotle Chicken Tacos

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocado pitted cubed peeled
- 4.5 oz chilis green undrained chopped old el paso® canned
- 0.3 cup cilantro leaves fresh chopped
- 8 oz sauce old el paso®
- 1 tablespoon juice of lime fresh
- 2 tablespoons onion red chopped
- 2.5 cups rotisserie chicken cut shredded (from 2-lb chicken)
- 8 taco shells old el paso® stuff®

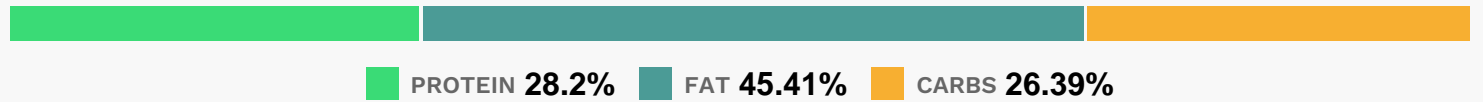
Equipment

- bowl
- frying pan

Directions

- In medium bowl mix Guacamole ingredient, mashing avocados slightly; set aside.
- Mix cooking sauce and chicken in 10-inch skillet.
- Heat to boiling; reduce heat. Simmer uncovered, stirring occasionally, about 3 minutes or until mixture is hot and sauce has absorbed into chicken.
- Spoon about 1/3 cup warm chicken mixture into each heated taco shell. Top with about 1/4 cup guacamole.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:5.06, Inflammation Score:-3, Nutrition Score:6.3013044025587%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 313.08kcal (15.65%), Fat: 16.12g (24.8%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 16.58g (6.03%), Sugar: 7.22g (8.02%), Cholesterol: 70.98mg (23.66%), Sodium: 702.82mg (30.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.52g (45.04%), Fiber: 4.51g (18.02%), Folate: 58.57µg (14.64%), Vitamin C: 11.36mg (13.77%), Vitamin K: 13.16µg (12.53%), Vitamin B6: 0.18mg (8.85%), Potassium: 297.9mg (8.51%), Vitamin E: 1.14mg (7.6%), Manganese: 0.15mg (7.27%), Vitamin B5: 0.72mg (7.2%), Magnesium:

25.7mg (6.43%), Vitamin B3: 1.21mg (6.05%), Phosphorus: 57.07mg (5.71%), Copper: 0.11mg (5.58%), Vitamin B2: 0.08mg (4.79%), Vitamin B1: 0.06mg (4.21%), Iron: 0.7mg (3.89%), Zinc: 0.54mg (3.58%), Vitamin A: 130.23IU (2.6%), Calcium: 24.94mg (2.49%), Selenium: 0.84µg (1.21%)