



WHATSheATE



Easy Grilled Chicken Tacos



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans rinsed drained progresso® canned
- ☐ 8 6-inch flour tortilla soft for tacos & fajitas (; from 8.2-oz package old el paso®)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup salsa thick old el paso®
- ☐ 2 chicken breast boneless skinless
- ☐ 1 tablespoon taco seasoning old el paso® (from 1-oz package)
- ☐ 1 tablespoon vegetable oil

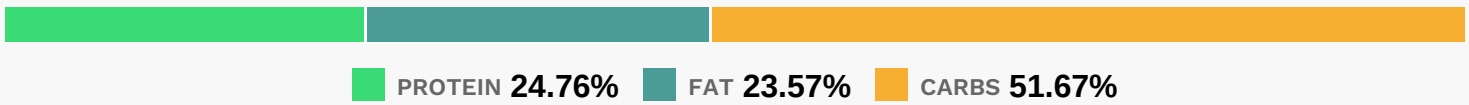
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Heat gas or charcoal grill. In gallon-size resealable food-storage plastic bag, mix oil, lime juice and 1 tablespoon taco seasoning mix until smooth.
- ☐ Add chicken; seal bag. Shake until chicken is evenly coated.
- ☐ Place chicken on grill over medium heat. Cover grill; cook 12 to 15 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- ☐ Let stand 5 minutes.
- ☐ Meanwhile, in 2-quart saucepan, heat beans, salsa and cilantro over medium heat, stirring occasionally, until hot.
- ☐ Remove from heat; cover and keep warm.
- ☐ Cut chicken crosswise into strips. Divide chicken on half of each tortilla; top with bean mixture. Fold other half of tortilla over filling.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:9.36, Inflammation Score:-6, Nutrition Score:19.646086806836%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 383.25kcal (19.16%), Fat: 10.01g (15.4%), Saturated Fat: 2.68g (16.72%), Carbohydrates: 49.38g (16.46%), Net Carbohydrates: 39.42g (14.33%), Sugar: 3.23g (3.59%), Cholesterol: 36.16mg (12.05%), Sodium: 1108.1mg

(48.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.31%), Vitamin B3: 9.45mg (47.27%), Selenium: 33.04µg (47.2%), Fiber: 9.96g (39.85%), Phosphorus: 364.62mg (36.46%), Vitamin B1: 0.5mg (33.03%), Folate: 124.88µg (31.22%), Manganese: 0.58mg (28.93%), Vitamin B6: 0.56mg (27.85%), Iron: 4.55mg (25.27%), Vitamin B2: 0.36mg (21.24%), Potassium: 672.82mg (19.22%), Magnesium: 68.7mg (17.18%), Copper: 0.3mg (14.87%), Calcium: 134.36mg (13.44%), Vitamin K: 12.24µg (11.66%), Vitamin B5: 1.15mg (11.49%), Zinc: 1.27mg (8.45%), Vitamin C: 5.42mg (6.57%), Vitamin E: 0.66mg (4.42%), Vitamin A: 199.2IU (3.98%), Vitamin B12: 0.11µg (1.88%)