



Fajita Grilled Chicken Stuffed Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.7 oz taco shells (10 Count)
- 1 oz old bay seasoning
- 3 chicken breast boneless skinless
- 1 tablespoon butter
- 0.3 cup bell pepper green red chopped (or)
- 0.5 cup onion chopped
- 2 cups rice prepared chicken flavored
- 1 pinch ground pepper

- 1.5 cups dole pineapple tidbits
- 1 serving salt and pepper to taste
- 1 cup pico de gallo prepared

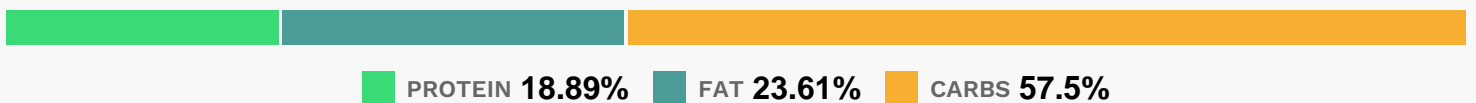
Equipment

- knife
- grill
- meat tenderizer

Directions

- Preheat grill to 400°F.
- Lightly pound chicken breasts with a meat mallet, then score each side with a sharp knife. Coat chicken in Fajita Seasoning.
- Place onto hot grill, and cook 30–35 minutes, or until juices run clear, flipping after 15 minutes.
- While chicken is grilling, sauté onion and peppers in the butter over medium heat until onions are translucent.
- Add rice, cayenne, and pineapples. Season as desired with salt and pepper. Stir occasionally.
- When chicken is done, cut into pieces. Top taco shells with rice mixture and chicken.
- Serve with salsa or pico de gallo, if desired.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:12.41, Inflammation Score:-3, Nutrition Score:7.6373911603637%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 164.96kcal (8.25%), Fat: 4.4g (6.77%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 22.41g (8.15%), Sugar: 6.62g (7.36%), Cholesterol: 20.59mg (6.86%), Sodium: 226.87mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.83%), Vitamin K: 20.67µg (19.68%), Manganese: 0.37mg (18.38%), Vitamin B3: 3.44mg (17.21%), Selenium: 11.88µg (16.97%), Vitamin B6: 0.33mg (16.47%), Phosphorus: 105.7mg (10.57%), Vitamin C: 8.31mg (10.07%), Magnesium: 30.57mg (7.64%), Iron: 1.29mg (7.14%), Fiber: 1.69g (6.75%), Potassium: 209.65mg (5.99%), Vitamin B1: 0.09mg (5.95%), Vitamin B5: 0.52mg (5.19%), Copper: 0.1mg (4.76%), Calcium: 45.66mg (4.57%), Vitamin A: 224.08IU (4.48%), Folate: 16.04µg (4.01%), Zinc: 0.59mg (3.96%), Vitamin B2: 0.05mg (3.22%), Vitamin E: 0.22mg (1.49%)