



Faux Pho Chicken Tacos

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium spring onion chopped
- ☐ 0.3 cup soya sauce
- ☐ 1 teaspoon sriracha
- ☐ 1 teaspoon sriracha
- ☐ 1 tablespoon brown sugar packed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 lb chicken thighs boneless skinless cut into strips
- ☐ 0.3 cup mayonnaise

- ☐ 1.5 teaspoons sriracha
- ☐ 1 teaspoon juice of lime fresh
- ☐ 3 oz japanese ramen noodles (any flavor)
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count
- ☐ 2 medium jalapeno seeded cut into thin strips
- ☐ 0.8 cup basil fresh
- ☐ 1 lime cut into wedges

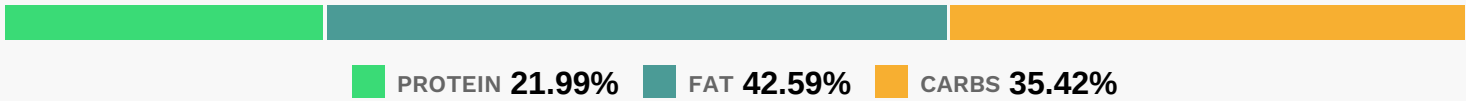
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ In 1-gallon resealable food-storage plastic bag, mix chicken and marinade ingredients. Seal bag. Refrigerate 30 minutes.
- ☐ Heat 12-inch nonstick skillet over medium-high heat.
- ☐ Drain chicken; discard marinade.
- ☐ Place chicken in skillet. Cook 6 to 8 minutes or until browned on both sides and chicken is no longer pink in center.
- ☐ Meanwhile, in small bowl, mix Sriracha mayonnaise ingredients. In another small bowl, break apart ramen noodles. (Reserve seasoning packing for another use.)
- ☐ Spoon chicken on each tortilla. Top with Sriracha mayonnaise, jalapeño strips, basil leaves and crushed ramen.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:7.99, Inflammation Score:-4, Nutrition Score:12.198695788889%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 3.99mg, Hesperetin: 3.99mg, Hesperetin: 3.99mg, Hesperetin: 3.99mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 283.46kcal (14.17%), Fat: 13.36g (20.56%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 23.17g (8.43%), Sugar: 3.45g (3.84%), Cholesterol: 57.78mg (19.26%), Sodium: 1010.24mg (43.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.05%), Vitamin K: 37.41µg (35.63%), Selenium: 20.73µg (29.61%), Vitamin B3: 5.28mg (26.42%), Vitamin B1: 0.32mg (21.34%), Phosphorus: 195.8mg (19.58%), Vitamin B6: 0.32mg (16.11%), Manganese: 0.28mg (14.06%), Vitamin B2: 0.23mg (13.71%), Iron: 2.33mg (12.96%), Folate: 49.44µg (12.36%), Vitamin C: 9.98mg (12.09%), Vitamin B5: 0.85mg (8.46%), Zinc: 1.2mg (8.02%), Fiber: 1.83g (7.33%), Potassium: 254.63mg (7.28%), Magnesium: 28.64mg (7.16%), Vitamin B12: 0.4µg (6.68%), Calcium: 64.63mg (6.46%), Copper: 0.11mg (5.65%), Vitamin E: 0.76mg (5.08%), Vitamin A: 223.16IU (4.46%)