

DINNER

Fiesta Chicken Taco Cups

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	5	\$2.96	510 kcal

Fiesta Chicken Taco Cups might be just the Mexican recipe you are searching for. For \$2.96 per serving, you get a main course that serves 5. One portion of this dish contains approximately 42g of protein, 34g of fat, and a total of 510 calories. This recipe from My Recipes has 1 fans.

Ingredients

- ☐ 4 skinned and boned chicken breast halves, diced
- ☐ 2 tablespoons lime juice
- ☐ 1 medium size red or green bell pepper, chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 5 servings Condiments: shredded lettuce, shredded cheese, sour cream, chopped tomato
- ☐ 1 medium onion, chopped
- ☐ 16.3 ounce package soft taco dinner
- ☐ ¼ cup water

EQUIPMENT Bowl, Frying pan, Oven, Muffin liners

Method

- 1

Remove tortillas, taco sauce, hot sauce, and taco seasoning mix from dinner kit.
- 2

Press or fold tortillas to fit into muffin cups coated with vegetable cooking spray, forming bowls; coat bowls with cooking spray.
- 3

Bake at 375 for 6 to 8 minutes or until golden brown.
- 4

Saut chopped bell pepper and onion in hot oil in a large skillet 5 minutes or until tender. Stir in chicken, taco sauce, hot sauce, taco seasoning mix, 1/4 cup water, and lime juice; cook over medium heat 10 minutes. Spoon evenly into tortilla cups, and top with desired condiments.

5 Serve immediately.

Nutrition per serving

510

KCAL

42 g

PROTEIN

34 g

FAT

8 g

CARBS

Saturated Fat	17.1 g · 107% of daily needs
Fibre	1.9 g · 7% of daily needs
Sugar	4.5 g · 5% of daily needs
Sodium	677 mg · 29% of daily needs
Cholesterol	146 mg · 49% of daily needs
Vitamin C	26.1 mg · 32% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/fiesta-chicken-taco-cups-148588