



Fried Chicken Tacos with Buttermilk-Jalapeño Sauce



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 chicken breast
- ☐ 12 6-inch corn tortillas warmed ()
- ☐ 1.5 cups cilantro leaves fresh loosely packed
- ☐ 2 garlic clove chopped
- ☐ 1 large jalapeno stemmed
- ☐ 1 tablespoon juice of lime fresh
- ☐ 6 servings radishes sliced

☐ 1 cup ranch dressing light refrigerated

Equipment

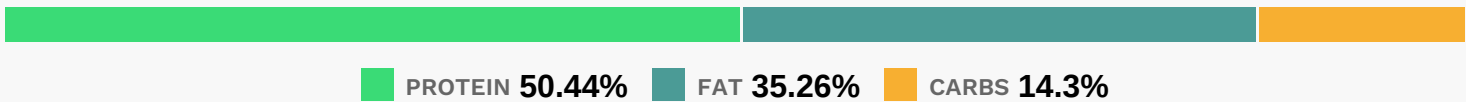
☐ food processor

☐ blender

Directions

- ☐ Process Ranch dressing, jalapeo pepper, cilantro, garlic, and lime juice in a blender or food processor 2 to 3 seconds or until smooth, stopping to scrape down sides as needed.
- ☐ Place 1 fried chicken breast tender in each warmed corn tortilla.
- ☐ Serve with dressing and sliced radishes.

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:10.52, Inflammation Score:-8, Nutrition Score:37.333043274672%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 813.63kcal (40.68%), Fat: 31.08g (47.82%), Saturated Fat: 5.6g (35.03%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 23.95g (8.71%), Sugar: 3.6g (4%), Cholesterol: 299.68mg (99.89%), Sodium: 932.87mg (40.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 100.03g (200.05%), Vitamin B3: 48.18mg (240.89%), Selenium: 149.75µg (213.93%), Vitamin B6: 3.58mg (179.08%), Phosphorus: 1202.89mg (120.29%), Vitamin B5: 6.95mg (69.52%), Vitamin K: 68.12µg (64.88%), Potassium: 1963.42mg (56.1%), Magnesium: 164.6mg (41.15%), Vitamin B2: 0.55mg (32.52%), Vitamin B1: 0.36mg (23.82%), Zinc: 3.57mg (23.8%), Vitamin C: 18.92mg (22.93%), Fiber: 4.41g (17.65%), Manganese: 0.33mg (16.53%), Vitamin B12: 0.97µg (16.2%), Iron: 2.73mg (15.14%), Vitamin E: 2.08mg (13.88%), Copper: 0.25mg (12.62%), Folate: 40.17µg (10.04%), Calcium: 95.54mg (9.55%), Vitamin A: 452.31IU (9.05%), Vitamin D: 0.49µg (3.28%)