



Garlic-Chipotle Chicken Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided
- ☐ 1 tablespoon chipotle chile canned minced
- ☐ 2 tablespoons canola oil divided
- ☐ 1 pound chicken cutlets
- ☐ 2 teaspoons chili powder
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 tablespoon garlic fresh chopped
- ☐ 1 small bell pepper green quartered

- ☐ 0.8 teaspoon kosher salt divided
- ☐ 0.5 cup lettuce shredded green
- ☐ 1 small bell pepper red quartered
- ☐ 1 small vidalia onion cut into 1/2-inch rings

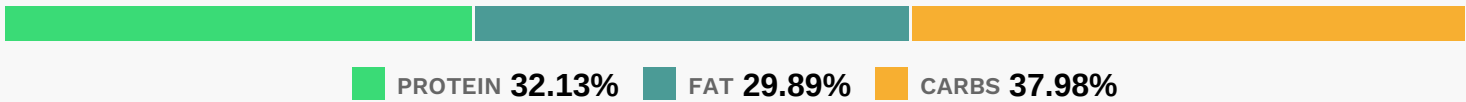
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine garlic, chipotle, and 1 tablespoon oil; rub evenly over chicken.
- ☐ Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Place on grill rack coated with cooking spray; grill 3 minutes on each side or until done.
- ☐ Remove from grill; keep warm.
- ☐ Combine remaining oil, remaining salt, remaining black pepper, and chili powder in a large bowl.
- ☐ Add bell peppers and onion; toss gently to coat.
- ☐ Place vegetables on grill rack; grill 5 minutes on each side or until soft and charred.
- ☐ Place tortillas on grill rack coated with cooking spray; grill 30 seconds on each side or until lightly charred.
- ☐ Remove from grill; keep warm.
- ☐ Thinly slice chicken. Divide chicken, bell peppers, onion, and lettuce among tortillas.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:10.58, Inflammation Score:-9, Nutrition Score:22.536521704301%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg

Nutrients (% of daily need)

Calories: 349.42kcal (17.47%), Fat: 11.74g (18.07%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 27.92g (10.15%), Sugar: 6.21g (6.9%), Cholesterol: 72.57mg (24.19%), Sodium: 617mg (26.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.81%), Vitamin B3: 13.14mg (65.69%), Vitamin B6: 1.22mg (60.85%), Selenium: 40.43µg (57.75%), Vitamin C: 44.93mg (54.46%), Phosphorus: 440.23mg (44.02%), Vitamin A: 1315.72IU (26.31%), Fiber: 5.64g (22.57%), Potassium: 727.5mg (20.79%), Magnesium: 81.67mg (20.42%), Manganese: 0.4mg (20.17%), Vitamin B5: 1.86mg (18.63%), Vitamin E: 2.36mg (15.73%), Vitamin K: 15.12µg (14.4%), Vitamin B1: 0.19mg (12.4%), Vitamin B2: 0.2mg (11.8%), Zinc: 1.6mg (10.64%), Iron: 1.79mg (9.96%), Copper: 0.19mg (9.75%), Folate: 38.64µg (9.66%), Calcium: 77.96mg (7.8%), Vitamin B12: 0.23µg (3.78%)