



WHATSheATE



Grilled Chicken Taco Salad



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 teaspoon brown sugar



15 ounce black beans rinsed drained canned



0.3 teaspoon cayenne pepper



2 tablespoons chili powder



4 7-inch corn tortillas ()



0.5 cup cilantro leaves fresh chopped



1 teaspoon ground coriander



1 teaspoon ground cumin

- ☐ 4 cups lettuce shredded
- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup medium-hot salsa
- ☐ 1 pound chicken breast halves boneless skinless

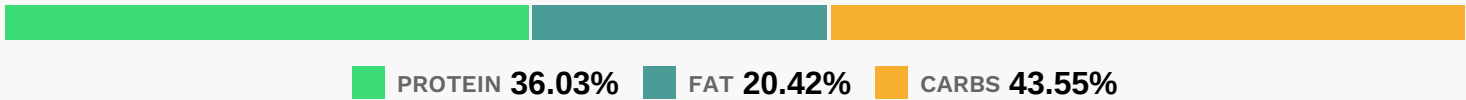
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Mix black beans, salsa, 1/2 cup cilantro, and lime juice in a bowl; set aside.
- ☐ Stir chili powder, cumin, coriander, brown sugar, cayenne pepper, and olive oil in a bowl until smooth; rub mixture over chicken breasts.
- ☐ Cook chicken breasts on preheated grill until no longer pink in the center and the juices run clear, 10 to 12 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). While the chicken is cooking, place tortillas on grill and grill until lightly brown on both sides, 3 to 5 minutes.
- ☐ Transfer chicken to a cutting board and slice into long thin strips. Divide chicken strips over tortillas and top with bean mixture, lettuce, and remaining 1/2 cup cilantro.
- ☐ Serve with avocado, lime wedges, and sour cream.

Nutrition Facts



Properties

Glycemic Index:37.88, Glycemic Load:6.82, Inflammation Score:-9, Nutrition Score:28.183912940647%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 373.35kcal (18.67%), Fat: 8.69g (13.36%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 41.67g (13.89%), Net Carbohydrates: 28.76g (10.46%), Sugar: 4.93g (5.48%), Cholesterol: 72.57mg (24.19%), Sodium: 949.62mg (41.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.48g (68.96%), Vitamin B3: 14.15mg (70.77%), Vitamin B6: 1.19mg (59.5%), Selenium: 41.21µg (58.87%), Fiber: 12.91g (51.66%), Phosphorus: 505mg (50.5%), Vitamin A: 2015.57IU (40.31%), Potassium: 1147.65mg (32.79%), Manganese: 0.62mg (31.19%), Vitamin K: 32.31µg (30.77%), Magnesium: 113.34mg (28.34%), Iron: 4.53mg (25.14%), Folate: 96.79µg (24.2%), Vitamin E: 3.17mg (21.16%), Vitamin B1: 0.32mg (21.07%), Vitamin B5: 2.06mg (20.64%), Vitamin B2: 0.34mg (20.1%), Copper: 0.39mg (19.55%), Zinc: 2.11mg (14.04%), Calcium: 120.53mg (12.05%), Vitamin C: 9.11mg (11.04%), Vitamin B12: 0.23µg (3.78%)