



Grilled Chicken Tacos

READY IN



42 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds chicken breast
- 4 teaspoons chicken seasoning
- 6 6-inch flour tortilla warmed ()
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons hot sauce
- 2 tablespoons juice of lime
- 1 large mangos peeled chopped
- 3 tablespoons olive oil
- 6 servings queso fresco fresh shredded crumbled (Mexican cheese)

8 oz salsa fresh refrigerated

Equipment

grill

Directions

Preheat grill to 300 to 350 (medium) heat.

Combine first 3 ingredients in a zip-top plastic freezer bag; add chicken, turning to coat. Seal and chill 10 minutes, turning once.

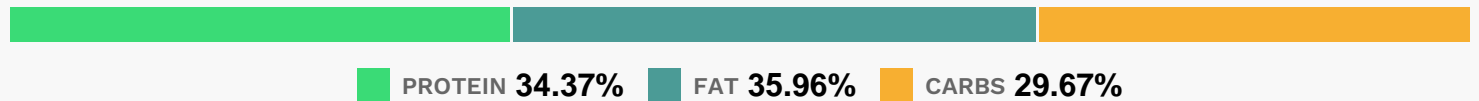
Meanwhile, combine salsa and next 3 ingredients. Cover and chill until ready to serve.

Remove chicken from marinade, discarding marinade. Grill chicken, covered with grill lid, 6 minutes on each side or until done.

Serve in flour tortillas with mango salsa and desired toppings.

Note: We tested with McCormick's Grill Mates Montreal Chicken Seasoning.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:7.08, Inflammation Score:-7, Nutrition Score:19.214348023352%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 323.25kcal (16.16%), Fat: 12.89g (19.83%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 21.44g (7.8%), Sugar: 7.45g (8.28%), Cholesterol: 73.26mg (24.42%), Sodium: 644.31mg

(28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.71g (55.42%), Vitamin B3: 13.87mg (69.33%), Selenium: 43.82µg (62.61%), Vitamin B6: 1mg (49.9%), Phosphorus: 324.16mg (32.42%), Vitamin K: 22.51µg (21.44%), Vitamin C: 17.47mg (21.18%), Vitamin B5: 1.82mg (18.24%), Potassium: 634.28mg (18.12%), Vitamin B1: 0.25mg (16.83%), Manganese: 0.33mg (16.28%), Vitamin E: 2.05mg (13.64%), Vitamin A: 681.55IU (13.63%), Vitamin B2: 0.23mg (13.55%), Folate: 51.99µg (13%), Iron: 2.26mg (12.54%), Magnesium: 49.07mg (12.27%), Fiber: 2.48g (9.9%), Calcium: 84.11mg (8.41%), Copper: 0.14mg (6.97%), Zinc: 1mg (6.67%), Vitamin B12: 0.24µg (4.06%)