



Grilled Chicken Tacos

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 tablespoon juice of lime
- 2 teaspoons chili powder
- 0.1 teaspoon salt
- 8 oz chicken breast boneless skinless
- 15 oz black beans rinsed drained canned
- 0.3 cup salsa thick
- 2 tablespoons cilantro leaves fresh chopped

- 8 6-inch corn tortillas soft ()
- 1 oz cheddar cheese shredded reduced-fat
- 2 tablespoons cream sour reduced-fat

Equipment

- sauce pan
- grill

Directions

- Heat gas or charcoal grill. In shallow dish, mix oil, lime juice, chili powder and salt.
- Add chicken, turning to coat.
- Place chicken on grill over medium heat. Cover grill; cook 12 to 15 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- Let stand 5 minutes.
- Meanwhile, in 2-quart saucepan, heat beans, salsa and cilantro over medium heat, stirring occasionally, until hot.
- Cut chicken crosswise into strips. Evenly divide chicken on half of each tortilla; top with bean mixture, cheese and sour cream. Fold other half of tortilla over filling.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:10.06, Inflammation Score:-7, Nutrition Score:18.322173947873%

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 Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 335.3kcal (16.77%), Fat: 7.98g (12.27%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 43.64g (14.55%), Net Carbohydrates: 32.27g (11.73%), Sugar: 1.47g (1.63%), Cholesterol: 39.88mg (13.29%), Sodium: 777.13mg (33.79%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.63%), Fiber: 11.37g (45.48%), Phosphorus: 446.28mg (44.63%), Vitamin B3: 7.73mg (38.63%), Selenium: 24.32µg (34.74%), Vitamin B6: 0.66mg (33.11%), Magnesium: 96.22mg (24.05%), Manganese: 0.47mg (23.47%), Potassium: 732.19mg (20.92%), Folate: 72.8µg (18.2%), Iron: 3.18mg (17.64%), Vitamin B1: 0.25mg (16.56%), Copper: 0.33mg (16.38%), Vitamin B2: 0.26mg (15.19%), Calcium: 130.11mg (13.01%), Zinc: 1.83mg (12.22%), Vitamin B5: 1.13mg (11.32%), Vitamin A: 472.52IU (9.45%), Vitamin K: 9.05µg (8.62%), Vitamin E: 1.21mg (8.08%), Vitamin C: 5.2mg (6.31%), Vitamin B12: 0.17µg (2.89%)