



Grilled Chicken Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado sliced (for serving)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 sprigs lime wedges sliced (for serving)
- ☐ 8 corn tortillas warmed (for serving)
- ☐ 1 tablespoon cumin seeds crushed
- ☐ 2 garlic clove finely chopped
- ☐ 1 teaspoon kosher salt
- ☐ 1 medium onion cut into wedges, keeping root intact

- ☐ 4 servings salsa verde (for serving)
- ☐ 1 pound chicken thighs boneless skinless
- ☐ 1 tablespoon vegetable oil

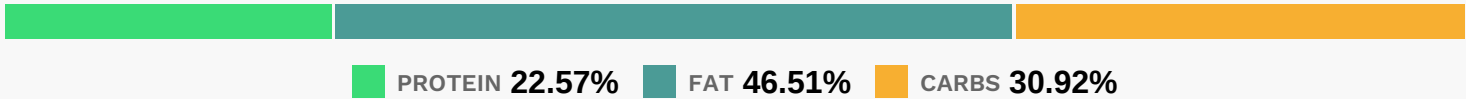
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill for medium–high heat. Toss onion, garlic, chicken, cumin, oil, salt, and pepper in a medium bowl. Grill onion and chicken until cooked through and lightly charred, about 4 minutes per side.
- ☐ Let chicken rest 5 minutes before slicing.
- ☐ Serve with tortillas, avocados, Charred Tomatillo Salsa Verde, cilantro, radishes, and lime wedges.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:11.56, Inflammation Score:–7, Nutrition Score:23.544782762942%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 473.76kcal (23.69%), Fat: 25.19g (38.76%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 37.68g (12.56%), Net Carbohydrates: 26.94g (9.8%), Sugar: 4.34g (4.82%), Cholesterol: 107.73mg (35.91%), Sodium: 946.74mg (41.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.51g (55.01%), Vitamin B6: 0.94mg (46.79%), Vitamin B3: 8.98mg (44.88%), Phosphorus: 445.79mg (44.58%), Fiber: 10.74g (42.94%), Selenium: 29.65µg (42.35%), Vitamin K: 31.27µg (29.78%), Potassium: 1003.61mg (28.67%), Vitamin B5: 2.86mg (28.6%), Magnesium: 101.74mg (25.43%), Manganese: 0.47mg (23.72%), Folate: 94.02µg (23.51%), Vitamin B2: 0.38mg (22.33%), Zinc: 3.19mg (21.26%), Vitamin E: 2.77mg (18.45%), Copper: 0.37mg (18.33%), Iron: 3.21mg (17.83%), Vitamin C: 13.96mg (16.92%), Vitamin B1: 0.24mg (16.25%), Vitamin B12: 0.73µg (12.1%), Calcium: 88.94mg (8.89%), Vitamin A: 396.21IU (7.92%)