



Grilled Chicken Tortas

READY IN



45 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 avocados peeled mashed
- ☐ 16 ounce black beans canned
- ☐ 4 large skinned and boned chicken breast halves
- ☐ 6 inch crusty sandwich rolls split
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime
- ☐ 8 ounces monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 3 poblano peppers

- ☐ 16 ounce chile salsa refrigerated hot
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup tequila

Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags
- ☐ microwave
- ☐ rolling pin
- ☐ meat tenderizer

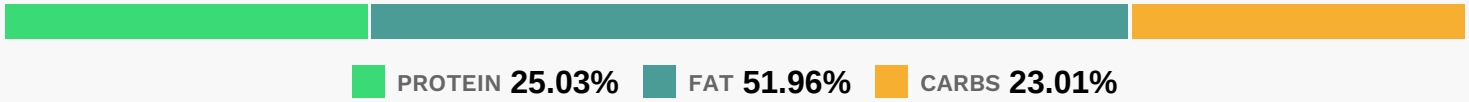
Directions

- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Stir together salsa and next 3 ingredients.
- ☐ Remove 1 cup mixture, and set aside remaining mixture.
- ☐ Place chicken in a shallow dish or heavy-duty zip-top plastic bag; pour 1 cup salsa mixture over chicken. Cover or seal, and chill 1 hour, turning occasionally.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Grill peppers, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ to 7 minutes, turning often, until peppers look blistered.
- ☐ Place peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds.
- ☐ Cut peppers into thin strips; set aside.
- ☐ Grill chicken, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ about 5 minutes on each side or until done. Cool slightly.
- ☐ Cut chicken into thin slices, and sprinkle evenly with salt.

- ☐
- Stir together beans and olive oil in a 1-quart glass bowl, and microwave at HIGH 2 minutes or until thoroughly heated, stirring once.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.74, Inflammation Score:-8, Nutrition Score:23.931738905285%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg 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 Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 407.05kcal (20.35%), Fat: 23.32g (35.87%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 12.42g (4.52%), Sugar: 3.97g (4.41%), Cholesterol: 61.39mg (20.46%), Sodium: 915.19mg (39.79%), Alcohol: 2.51g (100%), Alcohol %: 0.95% (100%), Protein: 25.27g (50.55%), Vitamin C: 47.85mg (58.01%), Vitamin B6: 0.87mg (43.63%), Fiber: 10.8g (43.21%), Vitamin B3: 8.52mg (42.6%), Phosphorus: 374.8mg (37.48%), Selenium: 24.49µg (34.98%), Potassium: 1003.74mg (28.68%), Folate: 111.98µg (28%), Calcium: 266mg (26.6%), Vitamin K: 23.73µg (22.6%), Vitamin B5: 2.19mg (21.88%), Vitamin B2: 0.37mg (21.83%), Magnesium: 77.86mg (19.46%), Vitamin E: 2.87mg (19.13%), Manganese: 0.38mg (19.03%), Copper: 0.35mg (17.43%), Vitamin A: 793.16IU (15.86%), Vitamin B1: 0.23mg (15.08%), Zinc: 2.16mg (14.42%), Iron: 2.38mg (13.2%), Vitamin B12: 0.35µg (5.81%), Vitamin D: 0.23µg (1.51%)