



Ground Chicken Tacos with Creamy Salsa

READY IN



25 min.

SERVINGS



6

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon cayenne pepper
- 1 cup chicken stock see
- 0.5 teaspoon coriander
- 2 teaspoons flour
- 0.5 cup cilantro leaves fresh chopped
- 2 cloves garlic minced grated
- 0.5 teaspoon garlic powder
- 0.5 cup bell pepper diced green
- 1 pound ground chicken

- 2 teaspoons ground cumin
- 1 tablespoon sauce red hot (recommended: Frank's)
- 1 jalapeño seeded finely chopped
- 6 servings kosher salt and pepper black freshly ground
- 6 servings lettuce shredded for serving
- 2 teaspoons juice of lime fresh
- 2 tablespoons olive oil
- 0.5 cup onion chopped
- 0.5 cup bell pepper diced red
- 0.3 cup onion red finely chopped
- 4 roma tomatoes seeded chopped
- 1 packet sazón seasoning
- 1 scallion finely chopped
- 1 cup heavy whipping cream sour
- 12 taco shells

Equipment

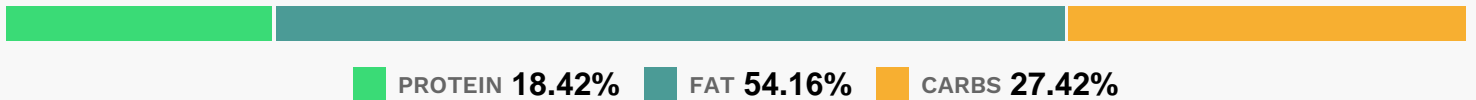
- bowl
- frying pan
- wooden spoon

Directions

- Watch how to make this recipe.
- In a large saute pan with straight sides over medium-high heat, heat the olive oil.
- Add the red and green bell pepper, onion and then season with salt and a few grinds of black pepper.
- Saute until the vegetables are tender then add the garlic, cumin, coriander, cayenne pepper, and sazón seasoning. Cook for a minute or so then add the ground chicken and cook, breaking up the chicken with a wooden spoon while stirring. Make sure to really break up the ground chicken on this step so there are no large clumps.

- Once the chicken is cooked through, sprinkle the flour over the top and stir while cooking to allow the flour to blend into the chicken for a few minutes.
- Add the chicken stock then raise the heat to a simmer and cook until the stock thickens a bit, about 4 to 5 minutes.
- Serve in warm taco shells topped with shredded lettuce and a dollop of Creamy Salsa.
- Combine the tomatoes, cilantro, red onion, jalapeno, scallion, sour cream hot sauce, garlic powder, and lime juice in a medium bowl. Stir to combine, then season with salt and pepper to taste, and refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:90.17, Glycemic Load:11.36, Inflammation Score:-8, Nutrition Score:19.35434739486%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 397.31kcal (19.87%), Fat: 24.42g (37.58%), Saturated Fat: 8.16g (50.99%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 23.49g (8.54%), Sugar: 7.03g (7.81%), Cholesterol: 88.83mg (29.61%), Sodium: 359.12mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.37%), Vitamin C: 40.37mg (48.94%), Vitamin K: 41.48µg (39.51%), Vitamin B6: 0.67mg (33.5%), Vitamin A: 1650.53IU (33.01%), Vitamin B3: 6.04mg (30.18%), Phosphorus: 278.89mg (27.89%), Potassium: 883.49mg (25.24%), Manganese: 0.44mg (21.91%), Vitamin B2: 0.36mg (21.34%), Fiber: 4.32g (17.3%), Folate: 68.83µg (17.21%), Selenium: 11.87µg (16.96%), Vitamin B1: 0.25mg (16.46%), Magnesium: 61.3mg (15.32%), Zinc: 2.04mg (13.62%), Vitamin E: 2.01mg (13.41%), Iron: 2.35mg (13.03%), Vitamin B5: 1.18mg (11.79%), Calcium: 107.1mg (10.71%), Copper: 0.19mg (9.42%), Vitamin B12: 0.5µg (8.4%)