



Korean Spicy BBQ Chicken Tacos



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



809 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

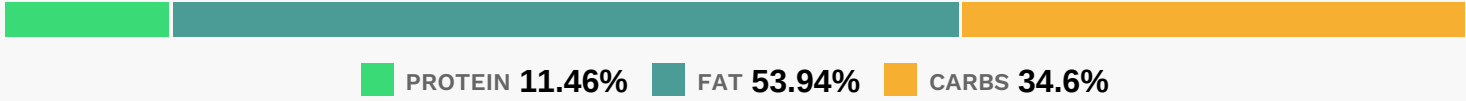
- ☐ 1 cup onion and cilantro relish
- ☐ 1 cup salsa roja korean style
- ☐ 2 cups lettuce in a korean sesame vinaigrette shredded
- ☐ 6 tablespoons sesame seed crushed toasted (and)
- ☐ 12 small tortillas

Equipment

Directions

☐ Assemble tacos as you like and enjoy.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:18.42, Inflammation Score:-9, Nutrition Score:44.719565671423%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 808.76kcal (40.44%), Fat: 50.57g (77.8%), Saturated Fat: 8.71g (54.44%), Carbohydrates: 72.98g (24.33%), Net Carbohydrates: 57.71g (20.99%), Sugar: 7.77g (8.64%), Cholesterol: 0mg (0%), Sodium: 1099.97mg (47.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.36%), Copper: 3.7mg (185.14%), Manganese: 2.71mg (135.49%), Calcium: 1007.05mg (100.71%), Iron: 16.28mg (90.46%), Magnesium: 338.92mg (84.73%), Vitamin B1: 1.18mg (78.8%), Phosphorus: 765.03mg (76.5%), Selenium: 50.78µg (72.55%), Fiber: 15.27g (61.06%), Zinc: 7.42mg (49.45%), Vitamin B6: 0.9mg (45.14%), Folate: 179.19µg (44.8%), Vitamin B3: 8.68mg (43.4%), Vitamin B2: 0.5mg (29.43%), Potassium: 745.76mg (21.31%), Vitamin K: 9.37µg (8.92%), Vitamin E: 1.02mg (6.79%), Vitamin A: 320.63IU (6.41%), Vitamin C: 4.2mg (5.08%), Vitamin B5: 0.37mg (3.72%)