



Lime Chicken Soft Tacos

READY IN



50 min.

SERVINGS



10

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds rotisserie chicken breast meat boneless skinless cubed
- ☐ 10 6-inch flour tortillas
- ☐ 2 cloves garlic minced
- ☐ 2 green onions chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 juice of lime juiced
- ☐ 0.3 cup lettuce shredded
- ☐ 0.3 cup monterrey jack cheese shredded
- ☐ 1 teaspoon oregano dried

- ☐ 0.1 cup red wine vinegar
- ☐ 0.3 cup salsa
- ☐ 0.5 teaspoon salt
- ☐ 1 tomatoes diced
- ☐ 1 teaspoon sugar white

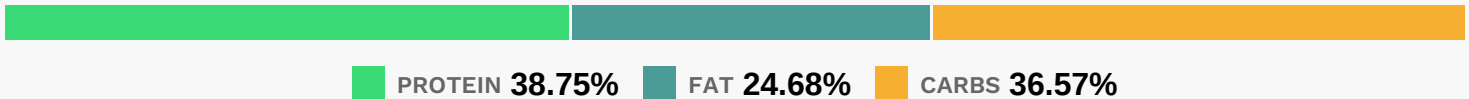
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Saute chicken in a medium saucepan over medium high heat for about 20 minutes.
- ☐ Add vinegar, lime juice, sugar, salt, pepper, green onion, garlic and oregano. Simmer for an extra 10 minutes.
- ☐ Heat an iron skillet over medium heat.
- ☐ Place a tortilla in the pan, warm, and turn over to heat the other side. Repeat with remaining tortillas.
- ☐ Serve lime chicken mixture in warm tortillas topped with tomato, lettuce, cheese and salsa.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:5.21, Inflammation Score:-5, Nutrition Score:11.408695617448%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 189.18kcal (9.46%), Fat: 5.08g (7.81%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 15.39g (5.6%), Sugar: 2.23g (2.48%), Cholesterol: 46.06mg (15.35%), Sodium: 477.21mg (20.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.93g (35.87%), Vitamin B3: 8.6mg (43.01%), Selenium: 29.05µg (41.5%), Vitamin B6: 0.56mg (28.17%), Phosphorus: 225.33mg (22.53%), Vitamin B1: 0.21mg (13.72%), Manganese: 0.22mg (11.04%), Vitamin B5: 1.06mg (10.61%), Potassium: 355.82mg (10.17%), Vitamin B2: 0.17mg (10.16%), Vitamin K: 10.44µg (9.94%), Folate: 36.25µg (9.06%), Iron: 1.57mg (8.74%), Calcium: 78.57mg (7.86%), Magnesium: 29.09mg (7.27%), Fiber: 1.53g (6.11%), Zinc: 0.7mg (4.67%), Vitamin C: 3.78mg (4.59%), Vitamin A: 213.51IU (4.27%), Copper: 0.07mg (3.48%), Vitamin B12: 0.16µg (2.66%), Vitamin E: 0.34mg (2.27%)