



Muffin Tin Chicken Tacos

 Popular

READY IN



35 min.

SERVINGS



12

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 1 cup chicken shredded cooked
- ☐ 1 cup salsa thick
- ☐ 2 oz cheddar cheese shredded
- ☐ 1 serving lettuce shredded
- ☐ 1 serving cream sour
- ☐ 1 serving salsa thick

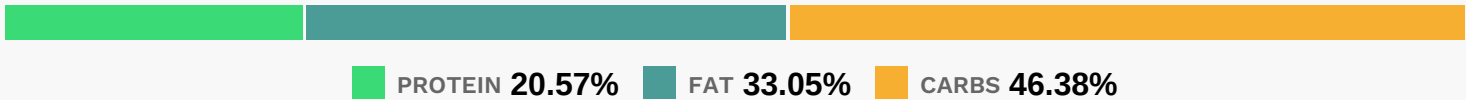
Equipment

- ☐ bowl
- ☐ oven
- ☐ cookie cutter
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Spray 12 regular-size muffin cups with cooking spray.
- ☐ Using 4-inch round cookie cutter, cut 2 rounds from each tortilla.
- ☐ Place rounds on microwavable plate; microwave on High 15 seconds to soften.
- ☐ Place each in muffin cup, using bottom of small juice glass to press into each cup.
- ☐ In medium bowl, toss chicken with 1 cup salsa.
- ☐ Place 1 teaspoon cheese in bottom of each tortilla-lined cup; add 1 heaping tablespoon chicken mixture to each. Top each with another teaspoon of cheese.
- ☐ Bake 18 to 20 minutes or until cheese is melted and tortillas are crisp.
- ☐ To serve, top each with lettuce, sour cream and additional salsa or your favorite taco toppings.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:4.13, Inflammation Score:-3, Nutrition Score:5.4865217571673%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 128.36kcal (6.42%), Fat: 4.71g (7.24%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 13.42g (4.88%), Sugar: 2.09g (2.32%), Cholesterol: 14.06mg (4.69%), Sodium: 391.59mg (17.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Selenium: 10.27µg (14.67%), Vitamin B3: 2.35mg

(11.77%), Phosphorus: 107.6mg (10.76%), Vitamin B1: 0.15mg (10.07%), Manganese: 0.17mg (8.39%), Calcium: 81.9mg (8.19%), Folate: 29.19µg (7.3%), Vitamin B2: 0.12mg (7.21%), Iron: 1.23mg (6.81%), Fiber: 1.44g (5.75%), Vitamin B6: 0.11mg (5.64%), Vitamin K: 4.81µg (4.58%), Vitamin A: 212.39IU (4.25%), Potassium: 137.33mg (3.92%), Zinc: 0.55mg (3.68%), Magnesium: 13.71mg (3.43%), Copper: 0.05mg (2.65%), Vitamin B5: 0.23mg (2.35%), Vitamin E: 0.35mg (2.33%), Vitamin B12: 0.09µg (1.43%)