



New Mexican-Style Soft Tacos with Hacked Chicken and Salsa Verde

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ancho chile coarsely chopped
- ☐ 3 tablespoons ancho chile powder
- ☐ 2 pounds chicken legs and thighs skinless
- ☐ 4 cups chicken stock see
- ☐ 2 new mexican chilies coarsely chopped
- ☐ 6 sprigs cilantro leaves plus more chopped, for garnish
- ☐ 0.3 cup cilantro leaves chopped

- ☐ 12 flour tortillas warmed
- ☐ 4 cloves garlic thinly sliced
- ☐ 2 tablespoons honey
- ☐ 1 jalapeño diced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion red coarsely chopped
- ☐ 8 servings salt
- ☐ 8 servings salt and pepper freshly ground
- ☐ 8 tomatillos husked coarsely chopped
- ☐ 1 large onion yellow thinly sliced

Equipment

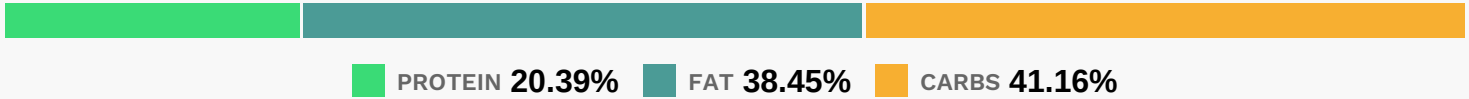
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Heat oil in a large Dutch oven over medium-high heat. Season chicken with salt and ancho chile powder. Sear, skin-side down, in the oil until golden brown. Turn over and brown on the other side.
- ☐ Remove the chicken to a plate.
- ☐ Add the onion to the pan and cook until lightly golden brown.

- ☐ Add the garlic and cook for 1 minute longer.
- ☐ Add the chicken back to the pot, add the chiles, stock, and cilantro, and bring to a boil. Cover and roast in the oven until the chicken easily falls away from the bone, about 40 minutes.
- ☐ Remove the chicken from the pot and strain the cooking liquid into a bowl.
- ☐ When the chicken is cool enough to handle, remove bones and cut or shred the meat into bite-sized pieces.
- ☐ Place the reserved cooking liquid into a medium saucepan and bring to a simmer.
- ☐ Add the shredded chicken, turn off the heat and let warm.
- ☐ Divide the warm chicken among the warm tortillas, top with Salsa Verde and chopped cilantro.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add the onions and jalapeno and cook until soft.
- ☐ Add the tomatillos and cook until soft, about 10 to 15 minutes.
- ☐ Transfer the mixture to a blender, add the lime juice, honey, and cilantro, and blend until smooth. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:38.91, Glycemic Load:10.49, Inflammation Score:-9, Nutrition Score:21.653478311456%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 407.44kcal (20.37%), Fat: 17.65g (27.16%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 37.1g (13.49%), Sugar: 13.4g (14.89%), Cholesterol: 62.42mg (20.81%), Sodium: 1010.07mg

(43.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.06g (42.11%), Vitamin A: 2387.16IU (47.74%), Vitamin B3: 9.1mg (45.48%), Selenium: 27.69µg (39.56%), Vitamin C: 29.03mg (35.18%), Vitamin B6: 0.61mg (30.4%), Vitamin K: 30.7µg (29.24%), Phosphorus: 289.71mg (28.97%), Vitamin B2: 0.47mg (27.36%), Vitamin B1: 0.38mg (25.35%), Manganese: 0.48mg (23.87%), Fiber: 5.42g (21.66%), Iron: 3.72mg (20.64%), Vitamin E: 3.04mg (20.25%), Potassium: 682.32mg (19.49%), Folate: 67.63µg (16.91%), Magnesium: 52.29mg (13.07%), Copper: 0.26mg (12.91%), Zinc: 1.92mg (12.83%), Vitamin B5: 1.05mg (10.49%), Calcium: 104.87mg (10.49%), Vitamin B12: 0.37µg (6.14%)