



WHATSheATE



Old El Paso® Grilled Chicken and Pineapple Tacos with Cabbage and Mango Slaw

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 head cabbage green grated sliced
- ☐ 1 skinned urad dal grated
- ☐ 1 small mangos chopped
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.1 cup brown sugar
- ☐ 0.1 cup balsamic vinegar
- ☐ 0.1 cup olive oil extra virgin

- ☐ 0.1 teaspoon ground pepper
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pineapple sliced
- ☐ 2 lbs chicken breast boneless skinless
- ☐ 2 tablespoons olive oil
- ☐ 11.4 oz flour tortilla with taco shells and flour tortillas hard soft

Equipment

- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ aluminum foil

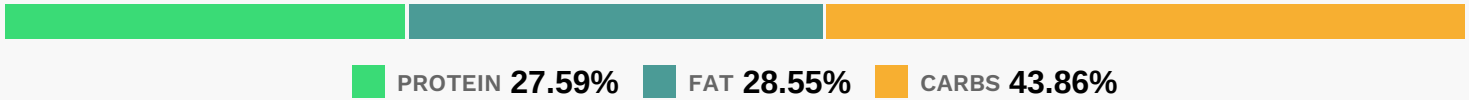
Directions

- ☐ Preheat oven to 320°F.
- ☐ In a glass dish or bowl marinate chicken with 1 packet of the Old El Paso® Seasoning and 2 tablespoons olive oil contained in kit.
- ☐ In a small bowl add grated cabbage, carrot, chopped mango, cilantro, brown sugar, cayenne pepper, olive oil, salt and balsamic vinegar.
- ☐ Mix thoroughly and set aside while grilling chicken.
- ☐ Using an indoor or outdoor grill, preheat to higher setting to obtain a good sear.
- ☐ Wrap the soft tortillas in the kit in foil and place in oven.
- ☐ Heat for 10 minutes.
- ☐ Add chicken to grill and cook several minutes on each side until done.
- ☐ While chicken is grilling, place hard tacos shells on a placing sheet and add to the oven with soft tortillas. Don't overcook. Turn off oven after 5 more minutes and keep warm till serving.
- ☐ Remove chicken from the grill and let rest a few minutes.
- ☐ Add pineapple slices to hot grill and sear on both sides for a few minutes.
- ☐ Remove from grill.

- ☐
- Slice chicken on the diagonal and serve on platter with chopped grilled pineapple slices.

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Nutrition Facts



Properties

Glycemic Index:12.6, Glycemic Load:5.68, Inflammation Score:-4, Nutrition Score:9.6969564582991%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 139.04kcal (6.95%), Fat: 4.45g (6.84%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 13.74g (5%), Sugar: 7.31g (8.13%), Cholesterol: 24.19mg (8.06%), Sodium: 196.03mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.34%), Vitamin C: 28.6mg (34.66%), Vitamin B3: 4.83mg (24.16%), Manganese: 0.46mg (23.05%), Selenium: 15.26µg (21.8%), Vitamin B6: 0.37mg (18.4%), Vitamin K: 17.95µg (17.1%), Phosphorus: 116.67mg (11.67%), Vitamin B1: 0.14mg (9.05%), Folate: 32.93µg (8.23%), Potassium: 248.56mg (7.1%), Vitamin B5: 0.7mg (7.01%), Fiber: 1.63g (6.5%), Vitamin B2: 0.1mg (5.83%), Magnesium: 20.77mg (5.19%), Iron: 0.88mg (4.88%), Copper: 0.08mg (4.01%), Calcium: 36.48mg (3.65%), Vitamin E: 0.52mg (3.48%), Vitamin A: 160.65IU (3.21%), Zinc: 0.38mg (2.54%), Vitamin B12: 0.08µg (1.26%)