



Pablito's Chicken Tacos

READY IN



75 min.

SERVINGS



6

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 ounces butter melted
- ☐ 1 cup rotisserie chicken breast meat boneless skinless cubed
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground pepper black
- ☐ 1 juice of lime juiced
- ☐ 0.5 bunch kale coarsely chopped
- ☐ 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal

- ☐ 0.5 onion sliced
- ☐ 1 teaspoon salt
- ☐ 0.5 bunch sorrel leaves fresh chopped
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup vegetable oil
- ☐ 1.8 cups water
- ☐ 1 teaspoon sugar white

Equipment

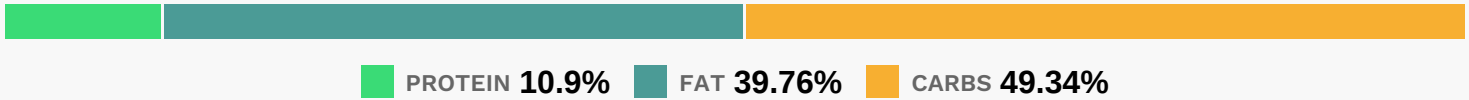
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ plastic wrap
- ☐ stand mixer

Directions

- ☐ Stir sour cream, sorrel, lime juice, 1 teaspoon salt, and sugar in a bowl until well combined. Refrigerate until ready to use.
- ☐ Mix flour, masa harina, baking powder, and 2 teaspoons salt in the bowl of a stand mixer. Gradually pour butter and water into flour mixture while mixing at lowest speed; mix until a dough just starts to come together.
- ☐ Turn dough out onto a clean, flat surface and knead 3 to 4 times. Separate dough into 1 1/2 ounce balls, cover, and let rest for 1 hour.
- ☐ Press each dough ball in a tortilla press lined with parchment paper or plastic wrap; transfer each tortilla to a baking sheet.
- ☐ Lightly coat a cast-iron pan with 1/2 teaspoon vegetable oil and heat over medium-high heat.
- ☐ Place a tortilla in the pan and cook until lightly golden, about 1 minute per side. Repeat with remaining tortillas.

- ☐ Heat 1/4 cup vegetable oil in a skillet over high heat. Stir in chicken; cook until browned around the edges, 4 to 6 minutes. Stir in onion, kale, 1 teaspoon salt, and pepper; reduce heat to medium-high. Cook, stirring often, until kale is wilted, 3 to 5 minutes.
- ☐ Remove from heat.
- ☐ Spoon chicken-kale mixture into each tortilla, top with sorrel sour cream, and serve.

Nutrition Facts



Properties

Glycemic Index:63.02, Glycemic Load:24.05, Inflammation Score:-9, Nutrition Score:23.579999733878%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 519.69kcal (25.98%), Fat: 23.23g (35.74%), Saturated Fat: 8.61g (53.84%), Carbohydrates: 64.88g (21.63%), Net Carbohydrates: 60.55g (22.02%), Sugar: 2g (2.22%), Cholesterol: 47.63mg (15.88%), Sodium: 637.42mg (27.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.65%), Vitamin B1: 0.93mg (61.73%), Vitamin K: 60.69µg (57.8%), Vitamin B3: 9.01mg (45.06%), Folate: 179.62µg (44.9%), Selenium: 28.42µg (40.6%), Vitamin B2: 0.61mg (36.1%), Vitamin A: 1731.14IU (34.62%), Iron: 5.47mg (30.38%), Manganese: 0.59mg (29.38%), Phosphorus: 234.71mg (23.47%), Vitamin B6: 0.42mg (21.2%), Vitamin C: 16.77mg (20.33%), Calcium: 193.27mg (19.33%), Fiber: 4.33g (17.32%), Magnesium: 68.22mg (17.05%), Potassium: 324.97mg (9.28%), Zinc: 1.27mg (8.44%), Copper: 0.17mg (8.26%), Vitamin E: 1.2mg (7.97%), Vitamin B5: 0.72mg (7.18%), Vitamin B12: 0.11µg (1.77%)