



## Panuchos

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 avocado peeled seeded sliced
- 8 servings cooking oil for frying
- 8 corn tortillas fresh yellow
- 8 corn tortillas fresh yellow
- 8 servings onion fresh diced red
- 1 cup refried beans
- 3 cups rotisserie chicken cut shredded
- 1 cup salsa

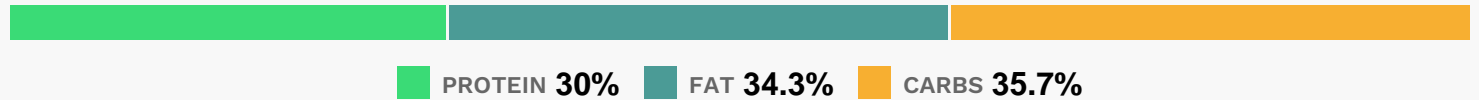
## Equipment

- frying pan
- paper towels
- oven
- baking pan

## Directions

- Heat oil in a large heavy skillet until hot. Fry corn tortillas, one at a time, until slightly puffed.
- Place tortillas on paper towel lined baking tray and place in a 200 degree F oven.
- Place tortillas on paper towel lined baking tray and place in a 200 degree F oven.
- Spread each tortilla with about 2 tablespoons of beans. Top with chicken. HERDEZ® Salsa Casera, red onion and sliced avocado.

## Nutrition Facts



## Properties

Glycemic Index:25.88, Glycemic Load:12.15, Inflammation Score:-5, Nutrition Score:9.0756521017655%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

## Nutrients (% of daily need)

Calories: 393.08kcal (19.65%), Fat: 15.34g (23.6%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 35.93g (11.98%), Net Carbohydrates: 28.19g (10.25%), Sugar: 4.96g (5.51%), Cholesterol: 85.17mg (28.39%), Sodium: 720.92mg (31.34%), Alcohol: Og (100%), Protein: 30.19g (60.38%), Fiber: 7.74g (30.96%), Phosphorus: 202.7mg (20.27%), Manganese: 0.31mg (15.64%), Vitamin B6: 0.3mg (15.08%), Magnesium: 55.1mg (13.78%), Potassium: 382.73mg

(10.94%), Vitamin E: 1.56mg (10.42%), Vitamin C: 7.2mg (8.73%), Folate: 34.7µg (8.68%), Copper: 0.17mg (8.52%), Vitamin K: 8.86µg (8.44%), Vitamin B3: 1.64mg (8.22%), Calcium: 76.79mg (7.68%), Iron: 1.3mg (7.22%), Vitamin B1: 0.1mg (6.83%), Zinc: 1mg (6.67%), Selenium: 3.84µg (5.49%), Vitamin B5: 0.54mg (5.39%), Vitamin B2: 0.09mg (5.39%), Vitamin A: 219.72IU (4.39%)