



## Quick Chicken Tacos

 Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 oz oscar mayer carving board southwestern seasoned chicken breast strips
- 1 cup lettuce shredded
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.5 cup cheddar cheese shredded kraft finely
- 4 taco bellâ® crunchy taco shells

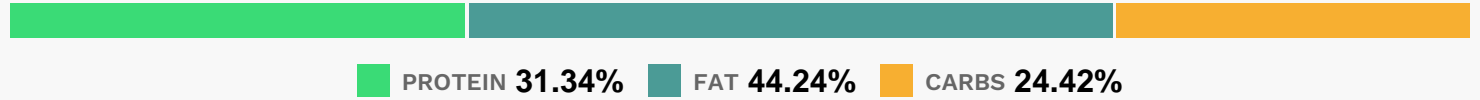
## Equipment

- sauce pan

## Directions

- Heat chicken and salsa in saucepan on medium heat 3 min. or until heated through.
- Fill taco shells with chicken mixture; top with cheese and lettuce.

## Nutrition Facts



## Properties

Glycemic Index:31.75, Glycemic Load:4.83, Inflammation Score:-4, Nutrition Score:8.6413044566694%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 175.17kcal (8.76%), Fat: 8.61g (13.24%), Saturated Fat: 3.82g (23.84%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 9.08g (3.3%), Sugar: 1.82g (2.02%), Cholesterol: 41.34mg (13.78%), Sodium: 395.59mg (17.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Selenium: 18.49µg (26.42%), Vitamin B3: 5.05mg (25.27%), Vitamin B6: 0.42mg (20.87%), Phosphorus: 195.95mg (19.6%), Calcium: 126.33mg (12.63%), Potassium: 305.17mg (8.72%), Vitamin A: 402.69IU (8.05%), Magnesium: 30.97mg (7.74%), Vitamin B2: 0.13mg (7.61%), Vitamin B5: 0.75mg (7.46%), Zinc: 1.05mg (7%), Vitamin K: 7.16µg (6.82%), Manganese: 0.14mg (6.77%), Fiber: 1.61g (6.42%), Vitamin B1: 0.08mg (5.07%), Folate: 19.47µg (4.87%), Vitamin E: 0.7mg (4.66%), Vitamin B12: 0.23µg (3.91%), Iron: 0.59mg (3.26%), Copper: 0.06mg (2.77%), Vitamin C: 1.63mg (1.98%)