



## Red Chile Shredded Chicken for Tacos



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



14

CALORIES



116 kcal

SIDE DISH

## Ingredients

- ☐ 1 chipotles in adobo (from 7-oz can)
- ☐ 1 tablespoon chipotle sauce canned (from can of chipotle chiles)
- ☐ 0.3 medium onion cut in half
- ☐ 2 cloves garlic dried minced
- ☐ 2.5 cups chicken broth reduced-sodium (from 32-oz carton)
- ☐ 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- ☐ 0.3 cup tomato sauce (from 8-oz can)
- ☐ 2 tablespoons citrus champagne vinegar

- ☐ 1.5 teaspoons chicken soup base
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 tablespoon vegetable oil
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 3 drops juice of lime fresh
- ☐ 0.5 teaspoon sugar
- ☐ 2 cups chicken shredded cooked
- ☐ 10 7-inch corn tortillas soft (6 or )

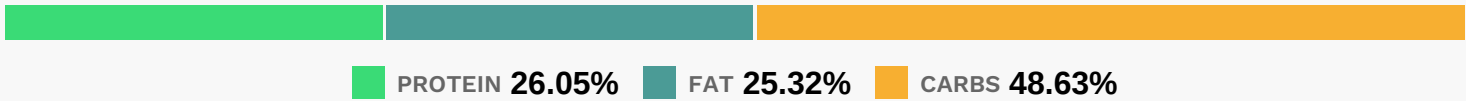
## Equipment

- ☐ sauce pan
- ☐ blender

## Directions

- ☐ In blender, place chile, adobo sauce, onion, 2 cloves garlic, the broth, tomatoes, tomato sauce, vinegar, chicken bouillon granules, 1/2 teaspoon sugar and the oregano. Cover; blend until smooth.
- ☐ In 3-quart saucepan, heat oil over medium-high heat.
- ☐ Add 1 clove garlic; cook and stir 1 minute. Stir in tomato mixture. Cook 6 to 10 minutes, stirring occasionally, until hot. Stir in lime juice and 1/2 teaspoon sugar. Stir in chicken; cook over medium-low heat about 15 minutes, stirring occasionally, until mixture thickens.
- ☐ Meanwhile, heat tortillas as directed on package. Spoon about 1/3-cup chicken mixture down center of each warm tortilla. Fold each taco in half over filling.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:21.62, Glycemic Load:4.91, Inflammation Score:-3, Nutrition Score:4.4726086647614%

Flavonoids

Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 116.27kcal (5.81%), Fat: 3.32g (5.11%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 12.06g (4.39%), Sugar: 2.05g (2.28%), Cholesterol: 15.03mg (5.01%), Sodium: 198.23mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.37%), Phosphorus: 128.58mg (12.86%), Vitamin B3: 2.57mg (12.83%), Selenium: 6.53µg (9.32%), Fiber: 2.28g (9.11%), Vitamin B6: 0.15mg (7.57%), Magnesium: 23.09mg (5.77%), Iron: 0.9mg (5.02%), Manganese: 0.1mg (4.92%), Zinc: 0.68mg (4.53%), Potassium: 147.93mg (4.23%), Copper: 0.08mg (3.87%), Vitamin B2: 0.06mg (3.69%), Calcium: 35.43mg (3.54%), Vitamin A: 146.51IU (2.93%), Vitamin B1: 0.04mg (2.55%), Vitamin B5: 0.24mg (2.41%), Vitamin K: 2.37µg (2.26%), Vitamin B12: 0.1µg (1.68%), Vitamin E: 0.22mg (1.5%), Vitamin C: 1.18mg (1.43%)