



Roast Chicken Soft Tacos



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cabbage shredded
- ☐ 3 cups roasted chicken shredded white with pan sauce
- ☐ 1 cup cilantro leaves
- ☐ 8 corn tortillas
- ☐ 1 small jalapeno thinly sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 lime
- ☐ 4 radishes thinly sliced

☐ 2 tomatoes ripe chopped

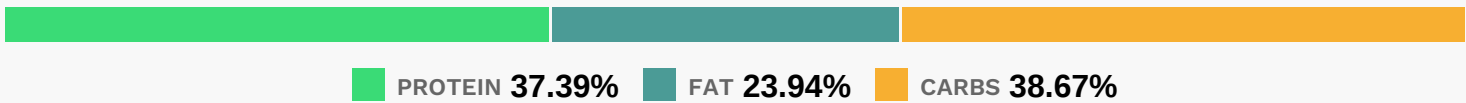
Equipment

- ☐ bowl
- ☐ microwave
- ☐ kitchen towels

Directions

- ☐ In bowl, sprinkle tomatoes with salt. Arrange chicken, radishes, jalapeo, cabbage, and cilantro on platter. Squeeze lime over vegetables.
- ☐ Warm sauce in microwave; drizzle over chicken. Wrap tortillas in kitchen towel. Microwave 1 minute to heat.
- ☐ Divide fillings among tortillas.

Nutrition Facts



Properties

Glycemic Index:65.13, Glycemic Load:12.1, Inflammation Score:-8, Nutrition Score:19.845652476601%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 321.15kcal (16.06%), Fat: 8.71g (13.39%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 25.54g (9.29%), Sugar: 4.01g (4.46%), Cholesterol: 78.75mg (26.25%), Sodium: 406.39mg (17.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.59g (61.18%), Vitamin B3: 9.67mg (48.34%), Vitamin C: 36.81mg (44.61%), Vitamin K: 44.76µg (42.63%), Selenium: 29.32µg (41.88%), Phosphorus: 398.4mg (39.84%), Vitamin B6: 0.67mg (33.74%), Fiber: 6.1g (24.4%), Magnesium: 74.44mg (18.61%), Vitamin A: 915.36IU (18.31%), Potassium: 615.49mg (17.59%), Manganese: 0.34mg (17.01%), Zinc: 2.52mg (16.79%), Iron: 2.54mg (14.1%), Vitamin

B2: 0.23mg (13.59%), Vitamin B5: 1.32mg (13.19%), Vitamin B1: 0.17mg (11.51%), Copper: 0.22mg (10.87%), Folate: 39.23µg (9.81%), Calcium: 90.21mg (9.02%), Vitamin E: 0.83mg (5.53%), Vitamin B12: 0.3µg (5.08%)