



Roasted Tomato Stand 'N Stuff® Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce mexican cooking sauce old el paso®
- 0.5 cup lettuce shredded
- 1 pound chicken breasts boneless skinless cut into thin strips
- 0.5 cup cup heavy whipping cream sour
- 4 stand 'n taco shells old el paso® stuff®
- 1 tablespoon vegetable oil

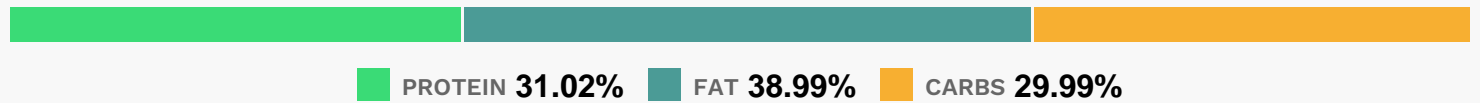
Equipment

- frying pan

Directions

- In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil about 4 minutes or until lightly browned.
- Add cooking sauce. Reduce heat; simmer uncovered about 8 minutes or until chicken is no longer pink in center.
- Meanwhile, heat tortillas as directed on package. Spoon chicken mixture into tortillas.
- Add Toppings.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:4.69, Inflammation Score:-4, Nutrition Score:13.279130272243%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 343.81kcal (17.19%), Fat: 14.6g (22.46%), Saturated Fat: 4.92g (30.74%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 24.35g (8.86%), Sugar: 14.44g (16.04%), Cholesterol: 89.54mg (29.85%), Sodium: 860.62mg (37.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.14g (52.27%), Vitamin B3: 12.09mg (60.45%), Selenium: 37.94µg (54.19%), Vitamin B6: 0.89mg (44.46%), Phosphorus: 289.75mg (28.97%), Vitamin B5: 1.72mg (17.21%), Potassium: 495.92mg (14.17%), Magnesium: 42.95mg (10.74%), Vitamin B2: 0.17mg (10.21%), Vitamin K: 10.11µg (9.63%), Vitamin B1: 0.11mg (7.2%), Zinc: 0.96mg (6.4%), Vitamin A: 260.35IU (5.21%), Manganese: 0.1mg (4.99%), Calcium: 48.33mg (4.83%), Vitamin B12: 0.29µg (4.79%), Vitamin E: 0.7mg (4.68%), Folate: 17.15µg (4.29%), Iron: 0.67mg (3.74%), Fiber: 0.91g (3.65%), Copper: 0.05mg (2.58%), Vitamin C: 1.87mg (2.27%)