

food
network



HEALTH SCORE

91%

Round 2 - Chicken Tacos with Cucumber Salsa



Very Healthy

READY IN



18 min.

SERVINGS



2

CALORIES



3254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.5 cup barbecue sauce
- ☐ 2 servings pepper black freshly ground
- ☐ 2 pounds skin-on chicken thighs bone-in
- ☐ 15 ounce canned tomatoes drained chopped canned
- ☐ 2 servings canola oil
- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon chili powder

- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 2 standard cucumbers
- ☐ 12 dinner rolls sliced
- ☐ 1 sprig rosemary fresh
- ☐ 1 sprig thyme leaves fresh
- ☐ 1 tablespoon garlic chopped
- ☐ 1 head cabbage green
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 tablespoon hot sauce
- ☐ 2 servings kosher salt
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 1 medium onion chopped
- ☐ 2 tablespoons parsley divided chopped
- ☐ 1 small onion red divided chopped
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.8 pound shrimp thawed deveined
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 tablespoon spicy brown mustard
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ toothpicks

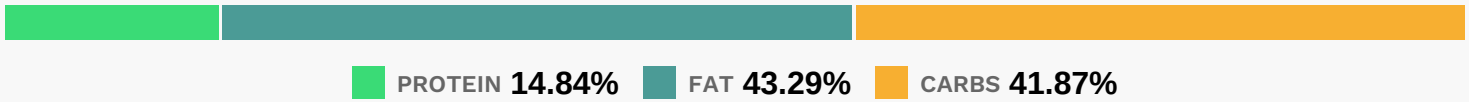
- ☐ melon baller

Directions

- ☐ Heat the canola oil in a skillet over medium heat.
- ☐ Add half of the onion and cook for 3 minutes until softened.
- ☐ Add the red pepper flakes and chili powder and cook for another 2 minutes.
- ☐ Add the chicken and cook until it is heated through.
- ☐ For the salsa, in a bowl mix together the cucumber, tomatoes, the remaining onion, cilantro, and salt and pepper, to taste.
- ☐ Remove the outer leaves of the cabbage to use as the shells for the taco. Shred the inner portion of the cabbage and set aside.
- ☐ Add some of the shredded cabbage to the cabbage leaves. Top with some of the chicken mixture, salsa and 2 teaspoons of sour cream. Arrange on a serving platter and serve.
- ☐ Add canola oil to a heavy bottomed pot with a tight fitting lid and put it over medium heat.
- ☐ Add the onion and garlic and saute until softened, about 4 minutes.
- ☐ Add the chicken thighs, skin side up, fitting them in tightly.
- ☐ Add the thyme and rosemary sprigs, season with salt and pepper, to taste, and pour in 1/2 cup water. When it comes to a boil, lower the heat, cover and simmer for 1 hour.
- ☐ Remove the chicken from the pot and let it cool. When it is cool, shred the meat, discarding the skin and bones.
- ☐ In a large bowl combine the sugar, vinegar, red pepper flakes and mix together. Shred half of the cabbage and add it to the bowl, then season with salt and pepper, to taste. (Reserve the remaining cabbage half for the Round 2 Recipe Chicken Tacos with Cucumber Salsa.) Toss to coat all of the cabbage, then cover and refrigerate until ready to use.
- ☐ In a large bowl, whisk together the mayonnaise, barbecue sauce, mustard, and hot sauce. Taste and adjust the seasoning with salt and pepper, to taste.
- ☐ Add the shredded chicken and toss to coat.
- ☐ Divide the shredded chicken evenly among each roll bottom. Top with some of the cabbage, cover with the roll top, and insert a toothpick to hold it all together. Arrange on a serving platter and serve.
- ☐ Peel the length of each cucumber to form alternating stripes of unpeeled and peeled.

- ☐ Cut the cucumbers into 12 (3/4-inch) pieces. Scoop out the center using a teaspoon or a melon baller, leaving the bottom and sides intact to form a cup. Turn them upside down onto a towel and let them drain while you make the filling.
- ☐ Bring a medium pot of salted water to a boil over medium heat.
- ☐ Add the shrimp and cook until bright pink, about 3 to 4 minutes. Strain and rinse in cold water.
- ☐ Remove the shells and discard. (Reserve 12 shrimp for the Round 2 Recipe Shrimp and Potato Salad with Sour Cream and Bacon Dressing.)
- ☐ Chop the shrimp into small pieces and put them into a bowl.
- ☐ Add the horseradish, lemon juice, salt and pepper to taste, half the can of tomatoes (reserve the remaining half for the Round 2 Recipe Chicken Tacos with Cucumber Salsa) and 1 tablespoon of parsley. Evenly divide the shrimp mixture between the cucumber cups. Arrange them on a serving platter and garnish with remaining parsley.

Nutrition Facts



Properties

Glycemic Index:311.55, Glycemic Load:68.61, Inflammation Score:-10, Nutrition Score:84.074783003849%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg

Nutrients (% of daily need)

Calories: 3254.11kcal (162.71%), Fat: 157.73g (242.66%), Saturated Fat: 31.86g (199.11%), Carbohydrates: 343.22g (114.41%), Net Carbohydrates: 306.67g (111.52%), Sugar: 70.92g (78.8%), Cholesterol: 408.44mg (136.15%), Sodium: 3630.04mg (157.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 121.69g (243.38%), Vitamin K: 574.33µg (546.98%), Selenium: 274.47µg (392.1%), Manganese: 6.02mg (301.09%), Vitamin C: 219.17mg (265.66%), Vitamin B3: 35.93mg (179.67%), Vitamin B6: 3.09mg (154.45%), Phosphorus: 1539.49mg (153.95%), Fiber: 36.54g (146.18%), Vitamin B1: 2.19mg (146.15%), Folate: 500.3µg (125.08%), Iron: 21.13mg (117.39%), Vitamin B2: 1.82mg (106.89%), Potassium: 3733.87mg (106.68%), Magnesium: 424.15mg (106.04%), Copper: 1.93mg (96.37%), Calcium: 913.35mg

(91.33%), Vitamin E: 13.19mg (87.94%), Vitamin B5: 8.35mg (83.47%), Zinc: 12.15mg (80.98%), Vitamin A: 2382.09IU (47.64%), Vitamin B12: 2.56µg (42.67%), Vitamin D: 0.5µg (3.32%)