



## Santa Fe Grilled Chicken Soft Tacos

 Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons cumin
- ☐ 1 tablespoon t brown sugar dark packed
- ☐ 16 flour tortilla soft
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon paprika
- ☐ 0.1 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 2.5 pounds chicken breast boneless skinless trimmed thin ( 4 large breasts)

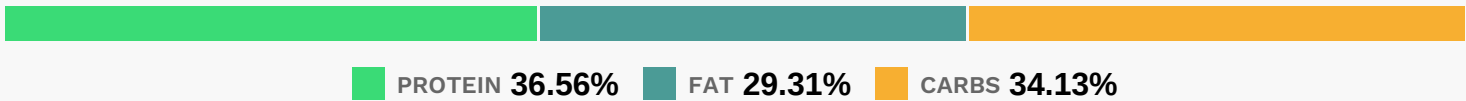
## Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler

## Directions

- ☐ In a small bowl, combine chili powder, cumin, paprika, red pepper, salt, pepper and brown sugar. Stir in oil; mixture will be moistened but crumbly.
- ☐ Generously rub chicken on all sides with chili mixture.
- ☐ Let stand at room temperature for 30 minutes to marinate (or cover and refrigerate for up to 1 day).
- ☐ Preheat gas grill to medium, or preheat broiler to high and set rack 6 to 8 inches from source of heat. Grill or broil chicken until firm, about 5 minutes per side.
- ☐ Let cool for 5 minutes, then cut into thin strips.
- ☐ Warm tortillas as package label directs.
- ☐ Serve chicken with tortillas.

## Nutrition Facts



## Properties

Glycemic Index:5.73, Glycemic Load:5.02, Inflammation Score:-6, Nutrition Score:12.396086993425%

## Nutrients (% of daily need)

Calories: 211.2kcal (10.56%), Fat: 6.78g (10.43%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 16.01g (5.82%), Sugar: 2.11g (2.35%), Cholesterol: 48.38mg (16.13%), Sodium: 382.49mg (16.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.04g (38.07%), Vitamin B3: 9.52mg (47.58%), Selenium: 31.64µg (45.2%), Vitamin B6: 0.62mg (31.13%), Phosphorus: 233.59mg (23.36%), Vitamin B1: 0.22mg (14.58%), Iron: 2.29mg (12.69%), Vitamin A: 598.82IU (11.98%), Vitamin B5: 1.15mg (11.53%), Manganese: 0.23mg (11.28%), Vitamin

B2: 0.18mg (10.88%), Potassium: 368.07mg (10.52%), Folate: 33.74µg (8.44%), Magnesium: 32.24mg (8.06%), Fiber: 1.77g (7.06%), Vitamin E: 1.01mg (6.72%), Calcium: 63.54mg (6.35%), Vitamin K: 5.22µg (4.97%), Zinc: 0.72mg (4.77%), Copper: 0.08mg (3.8%), Vitamin B12: 0.15µg (2.52%), Vitamin C: 0.98mg (1.19%)