



## Shredded Chicken Tacos

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings chiles in adobo sauce with pepper, to taste
- 3.5 teaspoons ancho chili powder
- 2 pounds skin-on chicken breasts bone-in
- 10 oz corn tortillas warmed
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- 2 teaspoon vinegar white
- 2 tablespoons olive oil extra virgin
- 2 tablespoons cilantro leaves fresh coarsely chopped

- 2 teaspoon garlic minced
- 1 teaspoon ground cumin
- 4 servings hot sauce
- 1 lime cut into wedges
- 2 teaspoons oregano
- 0.5 teaspoon sugar
- 8 oz tomato sauce canned
- 0.3 cup onion white finely chopped

## Equipment

- bowl
- frying pan
- kitchen thermometer
- cutting board

## Directions

- In medium bowl, mix together tomato sauce, vinegar, garlic, chili powder, cumin, oregano, and sugar. Season with adobo; set aside.
- Heat oil in large skillet over medium-high heat. Season chicken with adobo. Cook chicken, turning once, until light golden brown on both sides, about 5 minutes.
- Add reserved tomato sauce mixture to pan; bring to a boil (be careful, the tomato sauce can splatter). Lower heat to medium low. Simmer, covered, until cooked through (thermometer will register 170F when inserted into thickest part of breast), flipping once, about 20 minutes.
- Transfer chicken to cutting board; reserve sauce in pan.
- Remove and discard bones and skin. Using two forks, shred chicken breast.
- Transfer chicken to skillet with sauce, mixing to combine; continue to cook until sauce reduces and blends into chicken, and mixture begins to caramelize, about 10 minutes more.
- Transfer chicken mixture to serving bowl. Spoon into warmed corn tortillas.
- Garnish with lettuce, tomatoes, avocados and/or onions, if desired.
- Sprinkle with hot sauce, if desired.

# Nutrition Facts

PROTEIN 25.77% FAT 35.1% CARBS 39.13%

## Properties

Glycemic Index:99.27, Glycemic Load:29.52, Inflammation Score:-9, Nutrition Score:30.145217418671%

## Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

## Nutrients (% of daily need)

Calories: 722.43kcal (36.12%), Fat: 28.66g (44.09%), Saturated Fat: 6.56g (41.01%), Carbohydrates: 71.89g (23.96%), Net Carbohydrates: 60.34g (21.94%), Sugar: 4.69g (5.21%), Cholesterol: 116.12mg (38.71%), Sodium: 652.08mg (28.35%), Alcohol: 0g (100%), Protein: 47.35g (94.7%), Vitamin B3: 21mg (105%), Phosphorus: 794.12mg (79.41%), Vitamin B6: 1.42mg (70.76%), Selenium: 39.91µg (57.02%), Fiber: 11.56g (46.23%), Magnesium: 165.75mg (41.44%), Manganese: 0.69mg (34.67%), Iron: 4.86mg (26.98%), Potassium: 927.76mg (26.51%), Vitamin E: 3.65mg (24.33%), Zinc: 3.62mg (24.11%), Copper: 0.4mg (20.13%), Vitamin A: 965.73IU (19.31%), Vitamin B1: 0.28mg (18.91%), Vitamin B5: 1.87mg (18.72%), Vitamin B2: 0.32mg (18.53%), Calcium: 181.25mg (18.13%), Vitamin K: 14.76µg (14.06%), Vitamin C: 10.31mg (12.5%), Vitamin B12: 0.62µg (10.28%), Folate: 25.86µg (6.47%), Vitamin D: 0.73µg (4.84%)