



Shredded Chicken Tacos with Tomatoes and Grilled Corn

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado peeled cut into 16 slices
- 0.5 teaspoon pepper black freshly ground
- 2 cups chicken breast shredded boneless skinless
- 8 6-inch corn tortillas ()
- 2 ears corn
- 12 ounce heirloom tomatoes
- 0.3 teaspoon salt

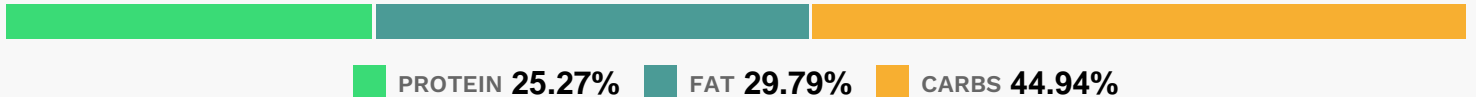
Equipment

- bowl
- frying pan
- broiler

Directions

- Preheat broiler.
- Place corn on a jelly-roll pan; broil 18 minutes or until charred on all sides, rotating every 6 minutes.
- Cut kernels from corn; place kernels in a medium bowl.
- Cut tomatoes into quarters.
- Add tomatoes to corn, and sprinkle corn mixture with black pepper and salt.
- Heat tortillas according to package directions. Divide chicken evenly among tortillas; top each taco with 1/4 cup corn mixture and 2 avocado slices.
- Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:11.33, Inflammation Score:-8, Nutrition Score:20.647825904514%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 333.9kcal (16.69%), Fat: 11.6g (17.84%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 30.74g (11.18%), Sugar: 5.84g (6.49%), Cholesterol: 48mg (16%), Sodium: 270.31mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.27%), Vitamin B3: 10.78mg (53.91%), Vitamin B6: 0.92mg (45.77%), Phosphorus: 407.77mg (40.78%), Selenium: 27.66µg (39.51%), Fiber: 8.63g (34.51%), Potassium: 944.35mg (26.98%), Vitamin C: 20.64mg (25.01%), Magnesium: 97.95mg (24.49%), Manganese: 0.45mg (22.73%), Vitamin B5: 2.23mg (22.25%), Folate: 78µg (19.5%), Vitamin A: 890.88IU (17.82%), Vitamin K: 17.97µg (17.11%), Vitamin B1: 0.23mg (15.47%), Copper: 0.27mg (13.69%), Vitamin B2: 0.22mg (12.68%), Vitamin E: 1.82mg (12.14%), Zinc: 1.79mg (11.95%), Iron: 1.68mg (9.35%), Calcium: 62.5mg (6.25%), Vitamin B12: 0.15µg (2.5%)