



 **29%**  
HEALTH SCORE

## Smoky Chicken Tacos

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**480 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 avocado seeded chopped finely
- 8 servings cabbage shredded
- 1 TBSP chili powder
- 2 TBSP cilantro leaves finely chopped
- 2 cups regular corn cooked
- 8 servings corn tortillas
- 8 servings corn tortillas
- 1 TBSP cumin

- 8 servings olive oil extra virgin (extra virgin olive oil)
- 1 TBSP garlic powder
- 8 servings salt and pepper to taste
- 1 jalapeno deveined seeded finely chopped
- 1 juice of lime
- 1 juice of lime
- 8 servings lime for garnish
- 1 TBSP onion powder
- 1 tsp pepper
- 3 TBSP onion red finely chopped
- 1 cup bell pepper fresh red coarsely chopped
- 2 roma tomatoes seeded finely chopped
- 8 servings salsa
- 0.5 TBSP salt
- 8 servings salt and pepper to taste
- 3 chicken breast boneless skinless
- 8 servings cream sour

## Equipment

- bowl
- oven

## Directions

- For the Chicken Tacos: Preheat oven to 400 degrees. Coat chicken with evoo and spices evenly on both sides, (save lime for cooked chicken.)
- Bake at 400 degrees for 20-25 minutes or until cooked through and juices run clear.
- Add all ingredients to a bowl and mix well. Coating the avocado in the lime juice will help the guacamole to stay green and not turn brown. By chopping the avocado instead of creaming it it will make the guacamole stay green for days! I like to cut the tomato and avocado about the same size but all the other ingredients I finely chop.

# Nutrition Facts

PROTEIN 13.34% FAT 48.57% CARBS 38.09%

## Properties

Glycemic Index:59.44, Glycemic Load:16.16, Inflammation Score:-9, Nutrition Score:27.377391304348%

## 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 Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 3.68mg, Hesperetin: 3.68mg, Hesperetin: 3.68mg, Hesperetin: 3.68mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Taste

Sweetness: 23.48%, Saltiness: 100%, Sourness: 31.84%, Bitterness: 31.49%, Savoriness: 60.69%, Fattiness: 88.66%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 480.18kcal (24.01%), Fat: 27.46g (42.24%), Saturated Fat: 4.86g (30.39%), Carbohydrates: 48.44g (16.15%), Net Carbohydrates: 36.9g (13.42%), Sugar: 8.25g (9.17%), Cholesterol: 34.2mg (11.4%), Sodium: 1147.71mg (49.9%), Protein: 16.97g (33.95%), Vitamin C: 66.9mg (81.09%), Vitamin K: 78.36µg (74.63%), Fiber: 11.54g (46.17%), Vitamin B6: 0.9mg (44.88%), Vitamin B3: 7.75mg (38.74%), Phosphorus: 373mg (37.3%), Vitamin E: 4.75mg (31.69%), Vitamin A: 1537.93IU (30.76%), Manganese: 0.61mg (30.37%), Potassium: 959.5mg (27.41%), Selenium: 18.7µg (26.72%), Folate: 100.92µg (25.23%), Magnesium: 99.66mg (24.91%), Vitamin B5: 2.05mg (20.52%), Vitamin B1: 0.24mg (16.05%), Iron: 2.79mg (15.47%), Vitamin B2: 0.26mg (15.31%), Copper: 0.3mg (14.78%), Zinc: 1.97mg (13.12%), Calcium: 124.17mg (12.42%), Vitamin B12: 0.11µg (1.83%)