



Soft Chicken Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon chili powder
- ☐ 1.5 cups cabbage green thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 ounce monterrey jack cheese shredded reduced-fat (such as Tillamook)
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken thighs boneless skinless
- ☐ 12 6-inch corn tortillas white ()

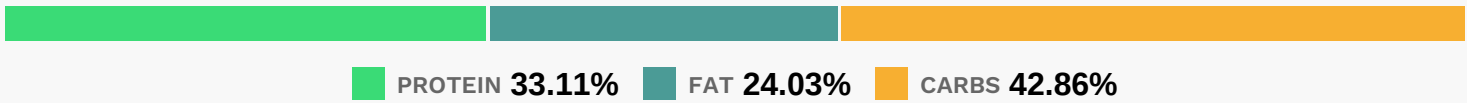
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 4 ingredients in a small bowl; rub spice mixture over chicken.
- ☐ Place chicken on grill rack coated with cooking spray; grill 10 minutes on each side or until done.
- ☐ Let stand 5 minutes; chop.
- ☐ Heat tortillas according to package directions. Divide chicken evenly among tortillas; top each tortilla with 2 tablespoons cabbage and 1 teaspoon cheese.
- ☐ Serve with sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:15.52, Inflammation Score:-5, Nutrition Score:17.995217376429%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 340.96kcal (17.05%), Fat: 9.19g (14.14%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 31.04g (11.29%), Sugar: 1.61g (1.78%), Cholesterol: 114.04mg (38.01%), Sodium: 482.63mg (20.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.5g (56.99%), Phosphorus: 498.41mg (49.84%), Selenium: 31.62µg (45.17%), Vitamin B3: 7.64mg (38.22%), Vitamin B6: 0.73mg (36.29%), Fiber: 5.83g (23.33%), Vitamin K: 24.37µg (23.21%), Magnesium: 89.4mg (22.35%), Zinc: 3.04mg (20.28%), Manganese: 0.36mg (18.23%), Vitamin B2: 0.3mg (17.38%), Vitamin B5: 1.52mg (15.24%), Calcium: 142.02mg (14.2%), Potassium: 490.87mg (14.02%), Vitamin B12: 0.78µg (13.08%), Vitamin B1: 0.2mg (13.04%), Iron: 2.32mg (12.89%), Vitamin C: 9.63mg

(11.67%), Copper: 0.2mg (10.08%), Folate: 21.21µg (5.3%), Vitamin A: 261.8IU (5.24%), Vitamin E: 0.68mg (4.55%)