



Spice-Rubbed Chicken and Vegetable Tacos with Cilantro Slaw and Chipotle Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chipotles in adobo canned chopped (2)
- ☐ 2 tablespoons canola oil
- ☐ 2.3 teaspoons chili powder
- ☐ 6 servings cilantro leaves
- ☐ 1.5 teaspoons kosher salt
- ☐ 12 6-inch corn tortillas warmed
- ☐ 1.5 teaspoons garlic powder

- ☐ 2 tablespoons brown sugar packed ()
- ☐ 2 lime cut into 6 wedges
- ☐ 1.5 teaspoons onion powder
- ☐ 1 tablespoon paprika smoked spanish hot (Pimentón de la Vera)
- ☐ 1 bell pepper red seeded cut lengthwise into 3/4-inch-thick strips
- ☐ 1 pound chicken breast halves boneless skinless halved
- ☐ 1.5 cups cream sour
- ☐ 2 small zucchini quartered

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

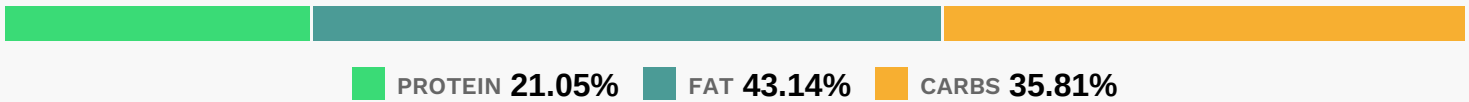
Directions

- ☐ Prepare barbecue (medium heat).
- ☐ Whisk sour cream and chipotle chiles in small bowl; season with salt.
- ☐ Whisk brown sugar and next 5 ingredients in another small bowl to blend for spice rub.
- ☐ Place zucchini and bell pepper on rimmed baking sheet.
- ☐ Drizzle with canola oil; toss to coat.
- ☐ Sprinkle spice rub over both sides of vegetables and chicken.
- ☐ Place chicken and vegetables on barbecue. Grill until vegetables are tender and browned in spots and chicken is cooked through, turning occasionally, about 5 minutes.
- ☐ Transfer to work surface; cut chicken crosswise into 1/2-inch-thick strips.
- ☐ Cut vegetables crosswise into 3/4-inch pieces.
- ☐ Place chicken and vegetables in large bowl; toss to blend.

- ☐
- Place chicken and vegetables, chipotle cream, tortillas, slaw, and lime wedges on table. Allow guests to assemble their own soft tacos.

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Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:11.04, Inflammation Score:-9, Nutrition Score:20.154347896576%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 399.67kcal (19.98%), Fat: 19.76g (30.4%), Saturated Fat: 6.91g (43.2%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 31.13g (11.32%), Sugar: 8.89g (9.87%), Cholesterol: 82.31mg (27.44%), Sodium: 729.78mg (31.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.39%), Vitamin C: 40.52mg (49.11%), Vitamin B3: 9.35mg (46.76%), Vitamin B6: 0.89mg (44.68%), Selenium: 30.21µg (43.15%), Phosphorus: 400.7mg (40.07%), Vitamin A: 1896.64IU (37.93%), Fiber: 5.78g (23.1%), Magnesium: 78.38mg (19.6%), Potassium: 676.66mg (19.33%), Vitamin B2: 0.29mg (16.9%), Manganese: 0.33mg (16.52%), Vitamin E: 2.37mg (15.79%), Vitamin B5: 1.57mg (15.7%), Calcium: 130.43mg (13.04%), Zinc: 1.64mg (10.92%), Vitamin B1: 0.16mg (10.35%), Iron: 1.86mg (10.32%), Vitamin K: 9.2µg (8.76%), Copper: 0.17mg (8.74%), Folate: 30.98µg (7.75%), Vitamin B12: 0.27µg (4.53%)