






 **74%**
HEALTH SCORE

Spice-Rubbed Chicken Breast Tacos with Grilled Poblanos, BBQ Onions and Coleslaw

 Dairy Free  Very Healthy

READY IN

85 min.

SERVINGS

4

CALORIES

1450 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 tablespoons ancho chili powder
- 3 tablespoons apple-cider vinegar
- 1 cup bobby flay's mesa grill bbq sauce jarred your favorite (or variety)
- 1 small head cabbage shredded cored finely
- 2 tablespoons canola oil
- 4 servings canola oil
- 2 carrots shredded finely

- 1 teaspoon celery seed
- 4 servings coleslaw
- 8 flour tortillas
- 0.5 cup cilantro leaves fresh chopped
- 2 teaspoons ground cinnamon
- 2 teaspoons ground cumin
- 0.5 teaspoon ground pepper black
- 2 hass avocados diced pitted ripe peeled
- 2 teaspoons kosher salt
- 2 teaspoons brown sugar light
- 2 limes fresh
- 0.8 cup mayonnaise
- 4 servings barbecued onions
- 1 poblano chile diced peeled seeded
- 2 grilled poblanos sliced
- 3 large poblanos
- 0.3 cup onion diced red finely
- 0.5 small onion red thinly sliced
- 4 servings salt and pepper
- 4 servings salt and pepper black freshly ground
- 2 scallions finely chopped
- 3 scallions thinly sliced
- 32 ounces chicken breasts boneless skinless
- 2 tablespoons sugar
- 2 onions sweet cut into 1/ slices

Equipment

- bowl
- whisk

grill

Directions

- Watch how to make this recipe.
- Heat the grill to high.
- Brush the poblanos with oil and season with salt and pepper.
- Place the chiles on the grill and cook until charred on all sides, about 10 minutes.
- Remove from the grill, place in a bowl and cover with plastic for 10 minutes.
- Remove the skin, seeds and stem and cut into thin slices.
- Brush the onions with oil and season with salt and pepper.
- Place on the grill and cook until lightly golden brown and just cooked through, about 4 minutes per side.
- Brush with some of the bbq sauce during the last few minutes. Most of the skin should come off on the grill, but if not, take it off when the onions come off the grill.;
- Whisk together the mayonnaise, sugar, celery salt, celery seed, vinegar and salt and pepper in a large bowl.
- Add the cabbage, carrot, onion and scallion and stir to combine, season with more salt and pepper, if needed.
- Let slaw sit at least 15 minutes before serving.
- Heat the grill to high.
- Whisk together the ancho, cinnamon, cumin, brown sugar, 1 teaspoon salt and black pepper in a small bowl.
- Season top side of the breasts with the rub mixture, turn over and season the back with the remaining salt.
- Drizzle with some of the oil and place on the grill, rub side down and grill until lightly golden brown and a crust has formed, about 3 minutes. Turn the chicken over, close the lid and continue cooking until just cooked through, about 6 minutes longer.
- Remove from the grill and let rest 5 minutes before slicing.
- Grill the flour tortillas briefly, just to mark and heat. To build the tacos, fold each tortilla around some of the chicken, poblanos, onions, coleslaw and guacamole.
- Combine all ingredients in a medium bowl and season with salt and pepper.

Nutrition Facts

PROTEIN 17.25% FAT 48.56% CARBS 34.19%

Properties

Glycemic Index:170.48, Glycemic Load:21.41, Inflammation Score:-10, Nutrition Score:65.045216943907%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 14.05mg, Luteolin: 14.05mg, Luteolin: 14.05mg, Luteolin: 14.05mg Isorhamnetin: 3.95mg, Isorhamnetin: 3.95mg, Isorhamnetin: 3.95mg, Isorhamnetin: 3.95mg Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 48.07mg, Quercetin: 48.07mg, Quercetin: 48.07mg, Quercetin: 48.07mg

Nutrients (% of daily need)

Calories: 1450.17kcal (72.51%), Fat: 80.2g (123.39%), Saturated Fat: 12.04g (75.27%), Carbohydrates: 127.06g (42.35%), Net Carbohydrates: 102.24g (37.18%), Sugar: 60.04g (66.71%), Cholesterol: 162.79mg (54.26%), Sodium: 3220.93mg (140.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.1g (128.2%), Vitamin C: 278.45mg (337.52%), Vitamin K: 310.18µg (295.41%), Vitamin B6: 3.22mg (161.08%), Vitamin A: 7967.11IU (159.34%), Vitamin B3: 31.25mg (156.23%), Selenium: 91.34µg (130.48%), Fiber: 24.81g (99.26%), Manganese: 1.81mg (90.5%), Phosphorus: 877.01mg (87.7%), Potassium: 2871.06mg (82.03%), Folate: 322.57µg (80.64%), Vitamin E: 11.24mg (74.92%), Vitamin B1: 0.93mg (61.86%), Vitamin B5: 5.99mg (59.91%), Magnesium: 199.55mg (49.89%), Vitamin B2: 0.84mg (49.67%), Iron: 8.58mg (47.64%), Copper: 0.79mg (39.55%), Calcium: 361.72mg (36.17%), Zinc: 3.87mg (25.83%), Vitamin B12: 0.5µg (8.4%), Vitamin D: 0.31µg (2.07%)