



Spicy Chicken-Pineapple Tacos

 Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon canola oil
- 1 pound skinned and boned chicken thighs chopped
- 1 tablespoon chili powder mexican-style
- 6 8-inch flour tortillas warmed soft ()
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon garlic chopped
- 1 teaspoon ground cumin
- 1 medium onion chopped

- 1 teaspoon oregano dried
- 1 teaspoon pepper
- 8 oz pineapple tidbits in juice drained canned
- 1 leaves toppings: radishes fresh crumbled chopped
- 0.8 teaspoon salt

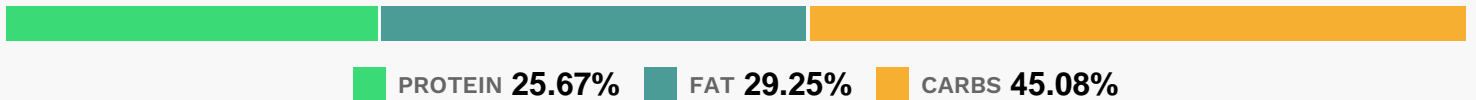
Equipment

- frying pan

Directions

- Combine chicken and next 9 ingredients in a large zip-top plastic freezer bag. Seal and chill 4 to 24 hours.
- Cook chicken mixture in hot oil in a large nonstick skillet over medium-high heat, stirring often, 10 minutes or until chicken is done.
- Serve mixture with warm tortillas and desired toppings.
- Note: For testing purposes only, we used McCormick Gourmet Collection Mexican-Style Chili Powder.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:3.37, Inflammation Score:-4, Nutrition Score:5.9282608032227%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 121.73kcal (6.09%), Fat: 3.95g (6.07%), Saturated Fat: 1g (6.25%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.36g (4.49%), Sugar: 3.28g (3.64%), Cholesterol: 28.73mg (9.58%), Sodium: 302.99mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.59%), Selenium: 11.64µg (16.63%), Vitamin B3: 2.72mg

(13.61%), Phosphorus: 104.9mg (10.49%), Vitamin B1: 0.15mg (10.12%), Vitamin B6: 0.18mg (9.16%), Manganese: 0.16mg (7.87%), Vitamin B2: 0.12mg (7.26%), Iron: 1.29mg (7.18%), Folate: 23.25µg (5.81%), Vitamin K: 5.8µg (5.52%), Fiber: 1.34g (5.36%), Calcium: 42.99mg (4.3%), Zinc: 0.63mg (4.23%), Potassium: 147.84mg (4.22%), Vitamin B5: 0.42mg (4.16%), Magnesium: 16.45mg (4.11%), Vitamin A: 200.3IU (4.01%), Copper: 0.07mg (3.39%), Vitamin B12: 0.19µg (3.23%), Vitamin E: 0.46mg (3.1%), Vitamin C: 2.13mg (2.59%)