



Spicy Peanut Chicken Tacos



Dairy Free



Very Healthy



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



1390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lime sliced into wedges
- ☐ 2 large avocados sliced
- ☐ 2 cups spicy peanut chicken shredded
- ☐ 4 servings cilantro leaves to taste
- ☐ 12 small tortillas
- ☐ 0.3 cup peanuts
- ☐ 4 servings birds eye chilies sliced to taste
- ☐ 0.5 cup onion diced sweet

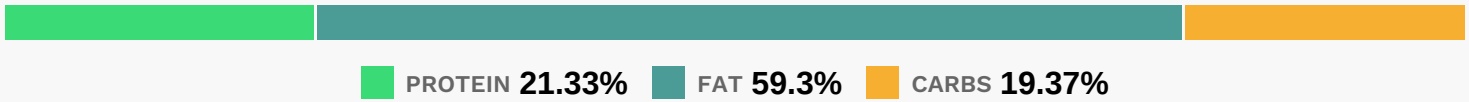
- ☐ 4 servings mint leaves to taste
- ☐ 4 servings basil to taste
- ☐ 4 servings spicy peanut sauce to taste

Equipment

Directions

- ☐ Warm the spicy peanut chicken, assemble the tacos and enjoy with a fresh splash of lime juice!

Nutrition Facts



Properties

Glycemic Index:59.13, Glycemic Load:15.95, Inflammation Score:-9, Nutrition Score:57.384782656379%

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: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 7.3mg, Hesperetin: 7.3mg, Hesperetin: 7.3mg, Hesperetin: 7.3mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 1389.65kcal (69.48%), Fat: 94.87g (145.95%), Saturated Fat: 25.27g (157.92%), Carbohydrates: 69.73g (23.24%), Net Carbohydrates: 51.29g (18.65%), Sugar: 5.47g (6.08%), Cholesterol: 137.86mg (45.95%), Sodium: 821.51mg (35.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.78g (153.55%), Vitamin B3: 29.97mg (149.83%), Manganese: 2.81mg (140.35%), Selenium: 81.7µg (116.72%), Zinc: 14.53mg (96.85%), Folate: 378.39µg (94.6%), Phosphorus: 892.06mg (89.21%), Vitamin B1: 1.29mg (85.87%), Vitamin B6: 1.54mg (76.83%), Fiber: 18.45g (73.8%), Magnesium: 255.71mg (63.93%), Vitamin B12: 3.75µg (62.53%), Iron: 11.19mg (62.15%), Copper: 1.23mg (61.66%), Vitamin B2: 1.05mg (61.6%), Potassium: 1869.61mg (53.42%), Vitamin K: 39.75µg (37.85%), Vitamin B5: 3.06mg (30.6%), Calcium: 261.9mg (26.19%), Vitamin C: 16.59mg (20.11%), Vitamin E: 2.14mg (14.26%), Vitamin A: 343.93IU (6.88%), Vitamin D: 0.23µg (1.51%)