



Steve's Roasted Chicken Soft Tacos

READY IN



25 min.

SERVINGS



12

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cayenne pepper
- 1 tablespoon chili powder
- 12 flour tortillas
- 12 servings salt and ground pepper black to taste
- 2 cups pico de gallo salsa
- 1 rotisserie chicken cut chopped
- 0.5 cup mexican cheese blend shredded
- 1 teaspoon vegetable oil

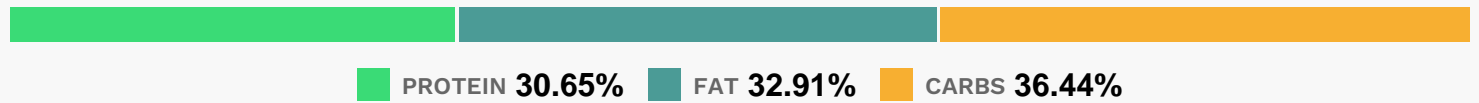
Equipment

frying pan

Directions

Heat vegetable oil in a skillet over medium heat; cook and stir chicken, chili powder, cayenne pepper, salt, and black pepper together in the hot oil until chicken is heated through, about 10 minutes. Spoon chicken mixture onto each tortilla and top with pico de gallo and Mexican cheese blend.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:4.71, Inflammation Score:-4, Nutrition Score:4.7665217039378%

Nutrients (% of daily need)

Calories: 224.05kcal (11.2%), Fat: 8.31g (12.79%), Saturated Fat: 2.83g (17.72%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 19.36g (7.04%), Sugar: 4.79g (5.32%), Cholesterol: 52.43mg (17.48%), Sodium: 699.4mg (30.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.85%), Selenium: 7.55µg (10.78%), Vitamin B1: 0.15mg (10.29%), Vitamin A: 475.68IU (9.51%), Manganese: 0.18mg (8.83%), Phosphorus: 84.89mg (8.49%), Calcium: 77.44mg (7.74%), Folate: 29.19µg (7.3%), Vitamin B3: 1.42mg (7.12%), Iron: 1.25mg (6.97%), Vitamin B2: 0.11mg (6.32%), Fiber: 1.35g (5.41%), Vitamin K: 3.97µg (3.78%), Vitamin C: 2.29mg (2.77%), Vitamin E: 0.35mg (2.32%), Magnesium: 9.18mg (2.3%), Zinc: 0.33mg (2.22%), Copper: 0.04mg (2.05%), Vitamin B6: 0.04mg (1.94%), Potassium: 59.15mg (1.69%)