



Summer-Fresh Chicken Tacos

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.6 oz taco shells (12 Count)
- ☐ 2 tablespoons vegetable oil
- ☐ 1 lb chicken breast boneless skinless cut into 1/4-inch cubes
- ☐ 1.3 cups onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 medium jalapeno seeded finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon chili powder

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups tomatoes chopped
- ☐ 2 cups lettuce shredded
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.3 cup cilantro leaves fresh chopped

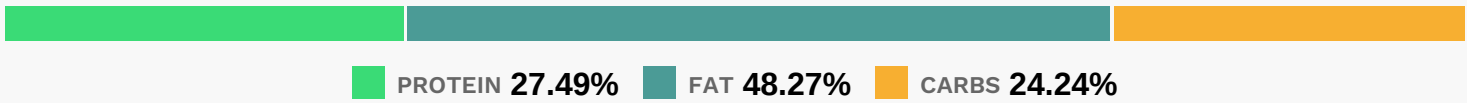
Equipment

- ☐ frying pan

Directions

- ☐ Heat taco shells as directed on package.
- ☐ Meanwhile, in 10-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat until hot. Cook chicken in oil about 6 minutes, stirring occasionally, until no longer pink in center.
- ☐ Remove chicken from skillet, and keep warm.
- ☐ In same skillet, heat remaining 1 tablespoon oil until hot. Cook onion in oil about 4 minutes, stirring occasionally, until tender. Stir in garlic, jalapeño chili, cumin, chili powder and salt. Cook 1 minute, stirring constantly. Return chicken to skillet. Stir in tomatoes. Cook about 2 minutes, stirring occasionally, until hot.
- ☐ To serve, place 1/4 cup shredded lettuce in each taco shell; divide chicken mixture among shells. Top with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:72.75, Glycemic Load:14.77, Inflammation Score:-8, Nutrition Score:23.689130477283%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.13mg, Myricetin: 0.13mg,

Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg

Nutrients (% of daily need)

Calories: 500.46kcal (25.02%), Fat: 26.81g (41.25%), Saturated Fat: 9.5g (59.35%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 25.89g (9.42%), Sugar: 5.07g (5.64%), Cholesterol: 100.92mg (33.64%), Sodium: 727mg (31.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.36g (68.72%), Selenium: 46.46µg (66.37%), Vitamin B3: 12.99mg (64.96%), Vitamin B6: 1.1mg (54.8%), Phosphorus: 484.73mg (48.47%), Vitamin K: 33.56µg (31.96%), Calcium: 269.41mg (26.94%), Vitamin A: 1153.43IU (23.07%), Potassium: 802.21mg (22.92%), Vitamin C: 18.63mg (22.59%), Manganese: 0.42mg (21.25%), Magnesium: 80.32mg (20.08%), Vitamin B5: 1.9mg (19.05%), Vitamin B2: 0.31mg (18.03%), Fiber: 4.41g (17.63%), Zinc: 2.51mg (16.72%), Folate: 63.01µg (15.75%), Vitamin B1: 0.22mg (14.46%), Vitamin E: 1.84mg (12.27%), Iron: 1.67mg (9.27%), Vitamin B12: 0.53µg (8.79%), Copper: 0.15mg (7.58%), Vitamin D: 0.28µg (1.89%)