



Taco Chicken with Corn Salsa

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 ounces taco seasoning
- 1.3 pounds chicken breast halves boneless skinless
- 2 tablespoons vegetable oil
- 11 ounces corn whole with red and green peppers, drained canned
- 1 medium avocado pitted peeled chopped
- 2 tablespoons onion red finely chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon juice of lime

1 teaspoon honey

Equipment

bowl

frying pan

Directions

Reserve 2 teaspoons of the taco seasoning mix in medium bowl. Coat chicken with remaining taco seasoning mix.

Heat oil in 12-inch skillet over medium heat. Cook chicken in oil 3 to 5 minutes, turning once, until brown. Reduce heat to medium-low. Cook about 8 minutes, turning once, until chicken is no longer pink when centers of thickest pieces are cut.

While chicken is cooking, add remaining ingredients to reserved taco seasoning mix; toss gently.

Serve salsa with chicken.

Nutrition Facts



PROTEIN 33.81% **FAT 43.92%** **CARBS 22.27%**

Properties

Glycemic Index:37.82, Glycemic Load:1.22, Inflammation Score:-7, Nutrition Score:20.963478567808%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 384.75kcal (19.24%), Fat: 18.98g (29.2%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 21.66g (7.22%), Net Carbohydrates: 16.51g (6.01%), Sugar: 3.71g (4.12%), Cholesterol: 90.72mg (30.24%), Sodium: 1010.22mg

(43.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.76%), Vitamin B3: 16.28mg (81.41%), Selenium: 45.6µg (65.15%), Vitamin B6: 1.2mg (59.95%), Phosphorus: 357.91mg (35.79%), Vitamin B5: 2.73mg (27.31%), Potassium: 872.25mg (24.92%), Vitamin K: 24µg (22.86%), Fiber: 5.14g (20.57%), Vitamin A: 962.44IU (19.25%), Folate: 70.47µg (17.62%), Vitamin C: 13.6mg (16.48%), Magnesium: 60.89mg (15.22%), Vitamin B2: 0.22mg (13.04%), Vitamin E: 1.88mg (12.53%), Vitamin B1: 0.14mg (9.3%), Zinc: 1.38mg (9.19%), Iron: 1.6mg (8.87%), Copper: 0.16mg (8.1%), Manganese: 0.15mg (7.28%), Vitamin B12: 0.28µg (4.72%), Calcium: 16.59mg (1.66%)