



## Waffle Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

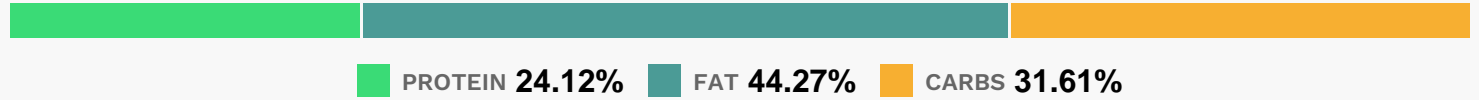
- 4 eggo homestyle waffles
- 1 cup chicken shredded cooked
- 0.5 cup lettuce shredded
- 12 cherry tomatoes
- 0.3 cup cream sour
- 0.3 cup salsa thick
- 1 oz sharp cheddar cheese shredded

## Equipment

## Directions

- Top warm waffles with taco meat, lettuce, tomatoes, sour cream, salsa and cheese.
- Serve immediately and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:11.619565310686%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 228.28kcal (11.41%), Fat: 11.31g (17.4%), Saturated Fat: 4.37g (27.31%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 17g (6.18%), Sugar: 3.52g (3.92%), Cholesterol: 50.92mg (16.97%), Sodium: 395.27mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.73%), Vitamin B3: 5.37mg (26.87%), Phosphorus: 241.42mg (24.14%), Vitamin B6: 0.44mg (22.02%), Vitamin A: 1079.84IU (21.6%), Vitamin B2: 0.31mg (18.09%), Iron: 3.21mg (17.82%), Selenium: 11.56µg (16.51%), Calcium: 161.81mg (16.18%), Vitamin C: 12.32mg (14.93%), Vitamin B1: 0.21mg (14.24%), Vitamin B12: 0.84µg (13.95%), Folate: 45.49µg (11.37%), Potassium: 299.47mg (8.56%), Zinc: 1.13mg (7.55%), Magnesium: 24.31mg (6.08%), Vitamin B5: 0.52mg (5.25%), Fiber: 1.18g (4.71%), Manganese: 0.09mg (4.57%), Vitamin K: 4.67µg (4.44%), Vitamin E: 0.61mg (4.05%), Copper: 0.08mg (3.8%)