



## Wild West Sizzlin' Chicken Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups chicken tenderloins cooked
- 0.5 teaspoon ground cumin
- 0.5 teaspoon paprika
- 4.7 oz taco shells (10 Count)
- 1 medium bell pepper red cut into thin strips
- 1 cup baked beans (from 16-oz can)
- 4 oz monterrey jack cheese shredded
- 4 slices bacon crumbled cooked

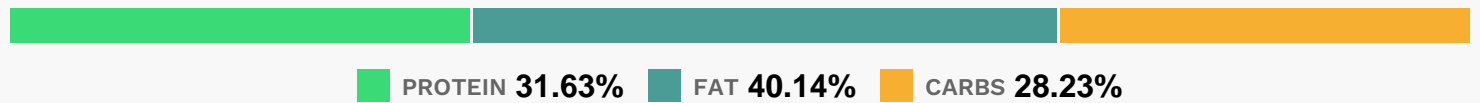
## Equipment

- bowl
- oven
- glass baking pan

## Directions

- Heat oven to 400°F. In small bowl, toss chicken strips with cumin and paprika to coat. In 8-inch square (2-quart) glass baking dish, stand taco shells side by side.
- Fill each shell evenly with seasoned chicken. Divide pepper strips evenly over chicken. Top each with 1/4 cup baked beans and 1/4 cup cheese.
- Sprinkle with bacon.
- Bake 8 minutes or until thoroughly heated and cheese is melted. If desired, garnish with grape tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:47.42, Glycemic Load:17.23, Inflammation Score:-8, Nutrition Score:26.414782368619%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 513.29kcal (25.66%), Fat: 22.88g (35.21%), Saturated Fat: 9.82g (61.36%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 29.75g (10.82%), Sugar: 1.92g (2.14%), Cholesterol: 113.3mg (37.77%), Sodium: 814.31mg (35.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.58g (81.15%), Selenium: 50.66µg (72.38%), Vitamin B3: 14.44mg (72.2%), Vitamin B6: 1.15mg (57.62%), Phosphorus: 561.29mg (56.13%), Vitamin C: 40.79mg (49.44%), Calcium: 290.23mg (29.02%), Vitamin A: 1319.9IU (26.4%), Fiber: 6.46g (25.85%), Manganese: 0.49mg (24.37%), Potassium: 846.68mg (24.19%), Magnesium: 95.06mg (23.76%), Zinc: 3.34mg (22.28%), Vitamin B5: 2mg (19.99%), Vitamin B2: 0.33mg (19.26%), Folate: 69.51µg (17.38%), Vitamin B1: 0.25mg (16.59%), Iron: 2.69mg (14.95%), Copper: 0.23mg (11.63%), Vitamin B12: 0.56µg (9.32%), Vitamin E: 1.11mg (7.42%), Vitamin K: 5.48µg (5.22%), Vitamin D:

0.32µg (2.14%)