



Zesty Chicken & Avocado Stand 'N Stuff™ Soft Tacos

READY IN



40 min.

SERVINGS



8

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lbs chicken breast boneless skinless
- 1 oz taco seasoning
- 2 tablespoons vegetable oil
- 6.7 oz flour tortilla soft (8 Count)
- 4 oz chilis green chopped canned
- 2 avocado diced pitted ripe peeled
- 0.5 cup cream sour

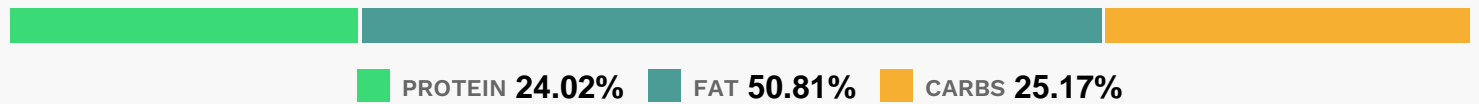
Equipment

- frying pan
- kitchen thermometer

Directions

- Rub both sides of chicken breasts with taco seasoning mix. In 12-inch nonstick skillet, heat oil over medium-high heat until hot. Cook chicken in oil 8 minutes, turning once. Decrease heat to medium; cover skillet. Cook 5 to 8 minutes or until thermometer inserted in thickest part of the chicken reads 165°F.
- Let stand 3 minutes. Thinly slice chicken.
- Heat tortillas as directed on package. Fill tortillas with chicken, chiles, avocado and sour cream.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:4.07, Inflammation Score:-6, Nutrition Score:15.399565208217%

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

Nutrients (% of daily need)

Calories: 302.01kcal (15.1%), Fat: 17.35g (26.69%), Saturated Fat: 4.14g (25.87%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 14.22g (5.17%), Sugar: 2.37g (2.63%), Cholesterol: 53.84mg (17.95%), Sodium: 607.11mg (26.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.9%), Vitamin B3: 9.42mg (47.09%), Selenium: 28.75µg (41.07%), Vitamin B6: 0.7mg (34.84%), Phosphorus: 236.36mg (23.64%), Fiber: 5.1g (20.42%), Folate: 74.37µg (18.59%), Vitamin B5: 1.81mg (18.07%), Vitamin K: 18.87µg (17.97%), Potassium: 569.61mg (16.27%), Vitamin C: 12.45mg (15.09%), Vitamin B2: 0.23mg (13.62%), Vitamin B1: 0.2mg (13.52%), Vitamin A: 534.48IU (10.69%), Iron: 1.84mg (10.22%), Magnesium: 40.23mg (10.06%), Vitamin E: 1.51mg (10.05%), Manganese: 0.2mg (10.04%), Copper: 0.14mg (7.09%), Calcium: 63.86mg (6.39%), Zinc: 0.92mg (6.12%), Vitamin B12: 0.17µg (2.87%)