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Funk Meister Hard Taco with Chicken & Black Beans ••

The Funk Meister Hard Taco is a delicious and flavorful dish made with grilled chicken and black beans. It is a perfect combination of protein and fiber, and is sure to satisfy your taste buds. This recipe is inspired by Mexican cuisine and is enjoyed as a main course. The chicken is marinated in a blend of spices and grilled to perfection, while the black beans are cooked with onions, garlic, and spices. The tacos are then filled with the chicken and black bean mixture, and topped with your favorite toppings such as salsa, guacamole, and sour cream. This recipe is easy to make and can be enjoyed by both meat lovers and vegetarians.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g chicken breast

200 g	Black Beans
8 pieces	taco shells
100 g	onion
2 cloves	garlic
1 tsp	Cumin
1 tsp	Paprika
1 tsp	Salt
1 tsp	Pepper
100 g	salsa
100 g	guacamole
100 g	sour cream

Directions

Step 1

Marinating

Marinate the chicken breast with cumin, paprika, salt, and pepper for 30 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Grill the chicken breast until cooked through, about 5 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Sautéing

In a separate pan, sauté the onion and garlic until translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Boiling

Add the black beans to the pan and cook for another 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Oven, stove

Warm the taco shells in the oven or on the stovetop.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Fill the taco shells with the grilled chicken and black bean mixture.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Top with salsa, guacamole, and sour cream.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 8 g

Protein: 30 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	35 mcg	63.64%	63.64%

Recipe Attributes

Cuisines

Mexican

Course

Snacks

Salads

Main Dishes

Appetizers

Desserts

Drinks

Sauces & Dressings

Events

Game Day

Diet

Anti-Inflammatory Diet

Nutritional Content

High Protein

Low Carb

Low Sodium

High Vitamin C

High Calcium

Kitchen Tools

Blender

Oven

Pressure Cooker

Cultural

Chinese New Year

Cinco de Mayo

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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