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Chicken Tinga Sandwich ♦

Chicken Tinga Sandwich is a delicious and flavorful Mexican-inspired sandwich. It features shredded chicken cooked in a smoky and spicy tomato sauce, served on a toasted bun with lettuce, tomato, and avocado. This sandwich is perfect for lunch or dinner and is sure to satisfy your cravings for a tasty and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
2 c	Tomatoes
1 medium	onion
3 cloves	garlic

2 tbsp	chipotle peppers in adobo sauce
1 tsp	Oregano
1 tsp	Cumin
1 tsp	Salt
0.5 tsp	Black pepper
2 c	lettuce
4 slices	Tomato
1 slices	Avocado
4 pieces	buns

Directions

Step 1

Boiling

In a large pot, bring water to a boil. Add the chicken breast and cook until fully cooked, about 20 minutes. Remove from the pot and let it cool. Once cooled, shred the chicken using two forks.

Prep Time: 5 mins

Cook Time: 20 mins

Step 2

Blending

In a blender, combine the tomatoes, onion, garlic, chipotle peppers in adobo sauce, oregano, cumin, salt, and black pepper. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

In a large skillet, heat some oil over medium heat. Add the tomato mixture and cook for about 5 minutes until it thickens slightly. Add the shredded chicken and cook for another 5 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Toaster or oven

Toast the buns in a toaster or oven until golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Assemble the sandwiches by placing a generous amount of the chicken tinga mixture on the bottom bun. Top with lettuce, tomato slices, and avocado slices. Cover with the top bun.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 12 g

Protein: 40 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	7 g	18.42%	28%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	95 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	30 mg	2307.69%	2307.69%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	20 mg	0.59%	0.77%
Zinc	30 mg	272.73%	375%
Selenium	70 mcg	127.27%	127.27%

Recipe Attributes

Cuisines

Mexican

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Simmering

Plating

Serving

Cooking

None

Stir-frying

Preheating

Heating

Refrigerating

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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