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## Big Fat Chicken Taco ♦♦

The Big Fat Chicken Taco is a delicious and filling Mexican-inspired dish. It features a crispy taco shell filled with juicy grilled chicken, flavorful spices, and a variety of fresh toppings. This taco is perfect for a hearty lunch or dinner.

**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 |
| 4 pieces | taco shells    |
| 100 g    | lettuce        |
| 100 g    | Tomato         |
| 50 g     | onion          |

|              |               |
|--------------|---------------|
| <b>100 g</b> | Cheese        |
| <b>50 g</b>  | Sour cream    |
| <b>50 g</b>  | Salsa         |
| <b>50 g</b>  | Guacamole     |
| <b>10 g</b>  | Cilantro      |
| <b>10 g</b>  | Lime          |
| <b>5 g</b>   | Salt          |
| <b>5 g</b>   | Pepper        |
| <b>2 g</b>   | Cumin         |
| <b>2 g</b>   | Paprika       |
| <b>2 g</b>   | Garlic powder |
| <b>10 g</b>  | Olive oil     |

## Directions

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### Step 1

Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

In a small bowl, mix together the salt, pepper, cumin, paprika, and garlic powder.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Rub the chicken breasts with olive oil and sprinkle the spice mixture evenly on both sides.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

Grilling

Grill the chicken for 5-6 minutes per side, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 12 mins

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### Step 5

Resting

Remove the chicken from the grill and let it rest for a few minutes. Then, slice it into strips.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 6

Oven

Heat the taco shells according to package instructions.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 7

Assemble the tacos by placing the chicken strips, lettuce, tomato, onion, cheese, sour cream, salsa, guacamole, cilantro, and a squeeze of lime juice in each taco shell.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 8

Serving

Serve the Big Fat Chicken Tacos immediately and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 30 g

**Carbohydrates:** 25 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 | 25 g  | 45.45%                 | 50%                      |
| Fibers        | 5 g   | 13.16%                 | 20%                      |
| Sugars        | 3 g   | N/A                    | N/A                      |
| Lactose       | 3 g   | N/A                    | N/A                      |

### Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

|                     |       |        |        |
|---------------------|-------|--------|--------|
| Monounsaturated Fat | 5 g   | N/A    | N/A    |
| Saturated Fat       | 6 g   | 27.27% | 35.29% |
| Fat                 | 15 g  | 53.57% | 60%    |
| Cholesterol         | 80 mg | N/A    | N/A    |

## Vitamins

| Nutrient    | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A   | 10 iu | 1.11%                  | 1.43%                    |
| Vitamin C   | 20 mg | 22.22%                 | 26.67%                   |
| Vitamin B6  | 0 mg  | 0%                     | 0%                       |
| Vitamin B12 | 1 mcg | 41.67%                 | 41.67%                   |
| Vitamin E   | 2 mg  | 13.33%                 | 13.33%                   |
| Vitamin D   | 3 mcg | 20%                    | 20%                      |

## Minerals

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium    | 600 mg | 26.09%                 | 26.09%                   |
| Calcium   | 20 mg  | 2%                     | 2%                       |
| Iron      | 15 mg  | 187.5%                 | 83.33%                   |
| Potassium | 600 mg | 17.65%                 | 23.08%                   |
| Zinc      | 2 mg   | 18.18%                 | 25%                      |

| Nutrient | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Selenium | 20 mcg | 36.36%                 | 36.36%                   |

## Recipe Attributes

### Cuisines

Mexican

### Course

Drinks

Salads

Snacks

### Cultural

Chinese New Year

Oktoberfest

Passover

Thanksgiving

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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