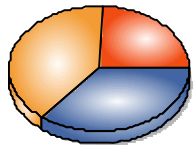




## Chicken Fiesta Tacos with Mango-Jicama Salad and Black Beans

Recipe grams: 1036.04g/36.5oz

Serves 2 518.02g/18.3oz per serving



Protein: 30%  
Carbohydrates: 48%  
Fat: 22%

### INGREDIENTS

1/2 cup YAMBEAN (JICAMA) RAW  
1 fruit MANGO, RAW, w/o refuse  
10 rings ONION, RAW  
1 tbsp LIME JUICE, UNSWEETENED, can or bottled  
1/4 cup CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)  
1 dash SALT, TABLE  
1 dash PEPPER, BLACK, GROUND  
1/2 tbsp OLIVE OIL, EXTRA VIRGIN  
6 oz CHICKEN BREAST, BONELESS, RAW, MEAT ONLY  
1 tsp CHILI POWDER  
1 tsp CUMIN, GROUND  
1/4 tsp CAYENNE PEPPER  
6 oz PEPPER, SWEET, RED, RAW, Icelandic  
1/2 cup ONION, RAW, sliced  
4 tortilla Tortilla, Low Carb  
1/2 cup BLACK BEAN

### DIRECTIONS

For the salad, combine jicama through cilantro and toss to combine. Season to taste with salt and pepper.

Combine chicken and seasonings through cayenne and toss to coat. Heat olive oil over medium high heat in a medium skillet. Add chicken to pan and saute for 3 minutes.

Remove from heat. Add remaining olive oil to pan and saute vegetables until crisp tender. Add chicken to vegetables and heat thoroughly.

Heat black beans in microwave until hot. Remove and add a tsp of lime juice and 1 Tbsp chopped fresh cilantro. Combine.

Line each tortilla with baby spinach and 1/4 of chicken mixture 2-4 Tbsp salad mixture. Fold over.

### Nutrition Facts

Serving Size: 1 serving (518.0g)  
Servings: 1

#### Amount Per Serving

Calories 440 Calories from Fat 110

% Daily Value\*

**Total Fat** 12g **20%**

Saturated Fat 1g **4%**

Trans Fat 0g

**Cholesterol** 50mg **15%**

**Sodium** 910mg **40%**

**Total Carbohydrate** 57g **20%**

Dietary Fiber 19g **70%**

Sugars 24g

**Protein** 36g

Vitamin A 25% • Vitamin C 350%

Calcium 8% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.