

Mexican Tinga!

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/tinga-mexican-dish-recipe>

Ingredients:

- 4 chicken breasts boneless skinless
- 2 onions large
- 4 ounces chipotle peppers
- 3 cloves garlic
- tostadas
- lettuce
- sour cream
- salsa
- queso fresco

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 80 milligrams
4. Fat: 7 grams
5. Fiber: 10 grams
6. Protein: 29 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 230 milligrams
9. Sugar: 15 grams

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