

Chicken Flautas/Flautas de Pollo

Yield: 22 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/flautas-mexican-food-recipe>

Ingredients:

- 2 pounds chicken breasts shredded
- 3 chipotles in adobo chopped
- 25 corn tortillas depending on how thick your flautas are
- oil for frying
- lettuce optional
- sour cream optional
- lime optional

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 25 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 60 milligrams

Thank you for visiting our website. Hope you enjoy Chicken Flautas/Flautas de Pollo above. You can see more 16 flautas mexican food recipe Cook up something special! to get more great cooking ideas.