

Tinga de Pollo

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 2 tablespoons avocado oil
- 1 white onion diced
- 2 cloves garlic minced
- 28 ounces crushed tomatoes
- 4 chipotle peppers
- 1 can chipotles in adobo sauce
- 2 teaspoons kosher salt
- 2 teaspoons ground cumin
- 1/2 teaspoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon ground paprika
- 4 boneless, skinless chicken breasts
- 2 tablespoons chopped cilantro optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 125 milligrams
4. Fat: 14 grams
5. Fiber: 7 grams
6. Protein: 47 grams
7. SaturatedFat: 3 grams
8. Sodium: 1700 milligrams
9. Sugar: 4 grams

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