



Tropical BBQ Chicken Tacos



Entire recipe (2 tacos): 255 calories, 5g total fat (0.5g sat fat), 730mg sodium, 30g carbs, 7.5g fiber, 11.5g sugars, 26.5g protein

Green Plan [SmartPoints](#)® value 6*

Prep: 5 minutes **Cook:** 10 minutes

Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 3 tbsp. bagged cole slaw mix
- 2 tbsp. crushed pineapple packed in juice (not drained)
- 1 tbsp. finely chopped red onion
- 2 tsp. chopped fresh cilantro
- 1/2 tsp. seasoned rice vinegar
- One 3-oz. raw boneless skinless chicken breast cutlet
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- 1 1/2 tbsp. BBQ sauce with about 45 calories per 2-tbsp. serving
- 1 [Flatout Hungry Girl Exclusive 100% Whole Wheat with Flax Foldit Flatbread](#)

Directions

In a small bowl, combine cole slaw mix, pineapple (and its juice), onion, cilantro, and vinegar. Mix well.

Pound chicken to an even thickness. Season with garlic powder and onion powder. Bring a grill pan (or skillet) sprayed with nonstick spray to medium heat. Cook for about 4 minutes per side, until cooked through.

Chop chicken, and place in a medium bowl. Add BBQ sauce, and stir to coat.

Cut flatbread in half to make two round pieces. On a microwave-safe plate, microwave for 10 seconds, or until warm.

Divide slaw mixture between flatbread pieces, and top with chicken mixture. Fold and chew!

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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