



## BBQ Chicken & Mango Tacos



1/2 of recipe (2 tacos): 336 calories, 3g total fat (0.5g sat. fat), 712mg sodium, 47g carbs, 4g fiber, 20g sugars, 29g protein

[Click for WW Points® value\\*](#)

WW Points® value 4\*

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

More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Gluten-Free](#)

### Ingredients

8 oz. raw boneless skinless chicken breast cutlets  
1/8 tsp. salt  
1/8 tsp. black pepper  
1/3 cup chopped mango  
1/3 cup chopped red onion  
1 jalapeño pepper, seeded and finely chopped  
2 tbsp. chopped fresh cilantro, or more for garnish  
1 1/2 tsp. seasoned rice vinegar  
1/3 cup BBQ sauce with about 45 calories per 2-tbsp. serving  
Four 6-inch corn tortillas

### Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Season chicken with salt and black pepper. Place chicken in the skillet. Cover and cook for about 4 minutes per side, until cooked through.

Transfer chicken to a bowl. Shred chicken with two forks. Add BBQ sauce, and toss to coat.

In a second bowl, combine mango, onion, jalapeño pepper, cilantro, and vinegar. Mix well.

Microwave tortillas for 15 seconds. Top with BBQ chicken and mango mixture.

MAKES 2 SERVINGS

**HG Alternative:** Can't stand the heat? Leave out the jalapeño.

**Watch how it's done!** [Click here](#) for a quick demo now.

**Want snazzy taco holders like we have in the video?** [Click here](#) to snag your own!

**Looking for a fantastic low-calorie BBQ sauce?** We love [Stubb's](#)—only 25 calories for 2 tbsp.!

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here](#).

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.