



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

[Click for WW Points® value*](#)

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

More: [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

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

We may have received free product samples, 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. For those on the Diabetic Plan, values may vary.

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.