

Crispy air fried taquitos with Mexican shredded chicken and cheese.

INGREDIENTS:

- 7 Extra Thin Corn Tortillas
- 8 oz Shredded Mexican Chicken*or Shredded Chicken
- 3 oz Shredded Mexican Cheese
- Cooking Spray or Oil



INSTRUCTIONS:

1. Spray an air fryer basket with cooking spray or brush with oil.
2. Wrap the tortillas in a slightly damp paper towel and microwave for 30 seconds. *This will prevent the tortillas from cracking when you roll your taquitos.*
3. Fill a tortilla with a little more than 1 ounce of chicken and slightly less than 1/2 ounce of shredded cheese.
4. Tightly roll and place seal-side-down in an air fryer basket.
5. Once you have all 7 tortillas in the basket, spray the tops with cooking spray liberally or brush with about 1/2 a tablespoon of oil.
6. Air fry at 375°F for 10-12 minutes or until golden brown. You can turn the taquitos towards the end of cooking for even color.

Notes

Mexican shredded chicken

<https://masonfit.com/crockpot-mexican-shredded-chicken/>

NUTRITION

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 72 g		Total Fat 10.6g	16%	Total Carbohydrates 11g	4%
1 serving (2.6 oz)		Saturated 3.5g	17%	Dietary Fiber 2g	6%
Calories 176		Trans Fat 0g		Sugars 0g	
From fat 95		Cholesterol 39mg	13%	Protein 10g	20%
<i>HappyForks.com</i>		Sodium 71mg	3%		
		Calcium 10% • Iron 4%		Vitamin A 2% • Vitamin C 0%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe Source <https://masonfit.com/cheesy-chicken-air-fryer-taquitos/>