



## Adobe Chicken Wraps

READY IN



10 min.

SERVINGS



6

CALORIES



402 kcal

### Ingredients

- 15 ounces black beans rinsed drained canned
- 1.5 cups roasted chicken cooked chopped
- 6 10-inch flour tortilla (8 to 10 inches in diameter)
- 0.5 cup salsa thick
- 6 servings salsa thick
- 0.3 cup cream sour
- 7 ounces corn whole drained canned

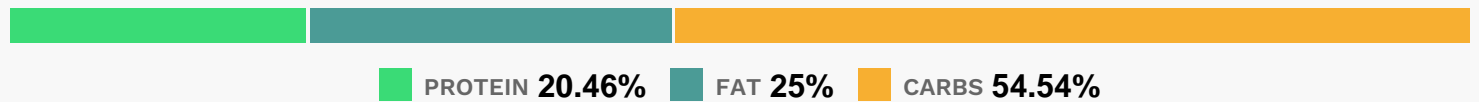
### Equipment

- bowl

## Directions

- In medium bowl, mix chicken, 1/2 cup salsa, the beans and corn. Divide chicken mixture among tortillas, spreading to within 2 inches of bottom of each tortilla. Top each with sour cream.
- Fold one end of the tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold remaining end down.
- Serve with additional salsa.

## Nutrition Facts



## Properties

Glycemic Index:5.67, Glycemic Load:10.92, Inflammation Score:-6, Nutrition Score:17.462173969849%

## Nutrients (% of daily need)

Calories: 402.48kcal (20.12%), Fat: 11.17g (17.19%), Saturated Fat: 4.1g (25.66%), Carbohydrates: 54.83g (18.28%), Net Carbohydrates: 46.53g (16.92%), Sugar: 5.08g (5.64%), Cholesterol: 33.79mg (11.26%), Sodium: 1223.53mg (53.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.15%), Selenium: 26.1µg (37.28%), Vitamin B3: 7.16mg (35.81%), Vitamin B1: 0.5mg (33.29%), Fiber: 8.31g (33.23%), Phosphorus: 328.39mg (32.84%), Folate: 123.29µg (30.82%), Manganese: 0.6mg (29.87%), Iron: 4.62mg (25.66%), Vitamin B2: 0.38mg (22.21%), Potassium: 578.74mg (16.54%), Vitamin B6: 0.32mg (16.17%), Calcium: 159.8mg (15.98%), Magnesium: 60.52mg (15.13%), Copper: 0.28mg (13.81%), Zinc: 1.53mg (10.19%), Vitamin B5: 0.74mg (7.37%), Vitamin K: 7.49µg (7.13%), Vitamin A: 354.39IU (7.09%), Vitamin E: 0.7mg (4.69%), Vitamin C: 3.61mg (4.38%), Vitamin B12: 0.13µg (2.14%)