



## Adobe Chicken Wraps

READY IN



10 min.

SERVINGS



6

CALORIES



393 kcal

### Ingredients

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

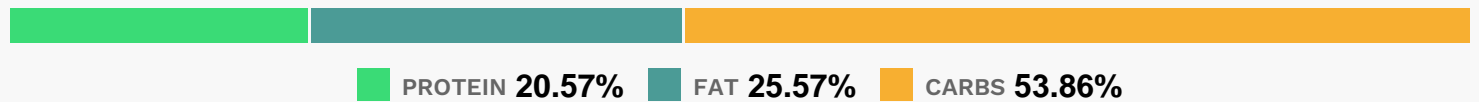
### Equipment

- 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:16.294347835624%

## Nutrients (% of daily need)

Calories: 393.2kcal (19.66%), Fat: 11.1g (17.1%), Saturated Fat: 4.1g (25.61%), Carbohydrates: 52.67g (17.56%), Net Carbohydrates: 44.94g (16.34%), Sugar: 3.86g (4.29%), Cholesterol: 33.79mg (11.26%), Sodium: 1013.61mg (44.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.11g (40.22%), Selenium: 25.81µg (36.87%), Vitamin B3: 6.8mg (34.02%), Vitamin B1: 0.49mg (32.54%), Phosphorus: 318.15mg (31.81%), Fiber: 7.73g (30.92%), Folate: 122.01µg (30.5%), Manganese: 0.56mg (28.06%), Iron: 4.48mg (24.91%), Vitamin B2: 0.37mg (21.6%), Calcium: 150.84mg (15.08%), Potassium: 496.18mg (14.18%), Magnesium: 55.72mg (13.93%), Vitamin B6: 0.27mg (13.36%), Copper: 0.26mg (12.77%), Zinc: 1.46mg (9.76%), Vitamin B5: 0.67mg (6.72%), Vitamin K: 6.14µg (5.85%), Vitamin A: 200.79IU (4.02%), Vitamin C: 3mg (3.64%), Vitamin B12: 0.13µg (2.14%), Vitamin E: 0.31mg (2.09%)