



Adobe Chicken Wraps

READY IN



10 min.

SERVINGS



6

CALORIES



395 kcal

Ingredients

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

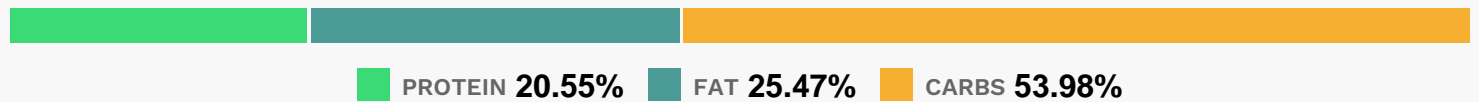
Equipment

- 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:16.489999854046%

Nutrients (% of daily need)

Calories: 394.75kcal (19.74%), Fat: 11.12g (17.11%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 53.03g (17.68%), Net Carbohydrates: 45.21g (16.44%), Sugar: 4.06g (4.51%), Cholesterol: 33.79mg (11.26%), Sodium: 1048.6mg (45.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.19g (40.38%), Selenium: 25.86µg (36.94%), Vitamin B3: 6.86mg (34.32%), Vitamin B1: 0.49mg (32.67%), Phosphorus: 319.86mg (31.99%), Fiber: 7.83g (31.31%), Folate: 122.22µg (30.56%), Manganese: 0.57mg (28.37%), Iron: 4.51mg (25.03%), Vitamin B2: 0.37mg (21.7%), Calcium: 152.33mg (15.23%), Potassium: 509.94mg (14.57%), Magnesium: 56.52mg (14.13%), Vitamin B6: 0.28mg (13.83%), Copper: 0.26mg (12.95%), Zinc: 1.47mg (9.83%), Vitamin B5: 0.68mg (6.83%), Vitamin K: 6.37µg (6.06%), Vitamin A: 226.39IU (4.53%), Vitamin C: 3.1mg (3.76%), Vitamin E: 0.38mg (2.52%), Vitamin B12: 0.13µg (2.14%)