



## Bacon, Corn, Salsa and Chicken Roll-Up

READY IN



30 min.

SERVINGS



30

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz oscar mayer carving board southwestern seasoned chicken breast strips
- 0.3 cup milk colby & monterey jack cheeses shredded 2% kraft
- 0.5 cup regular corn frozen
- 2 green onions finely chopped
- 0.3 cup pasilla peppers red finely chopped
- 0.3 cup taco bellâ® & chunky mild salsa thick
- 4 slices oscar mayer center cut bacon cut into 1/2-inch pieces
- 4 6-inch tortillas whole wheat ( )

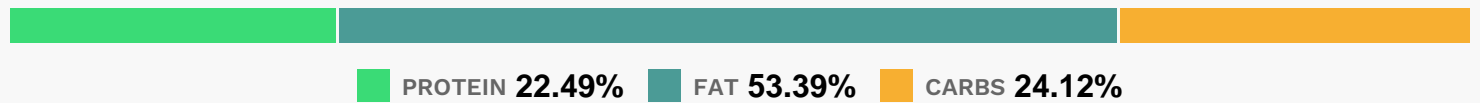
## Equipment

- frying pan
- paper towels
- slotted spoon

## Directions

- Cook bacon in medium skillet on medium heat 10 min. or until crisp, stirring occasionally. Use slotted spoon to transfer bacon to paper towels to drain. Discard all but 1 tsp. drippings from skillet.
- Add onions and peppers to skillet; cook and stir 5 min. or until crisp-tender.
- Add chicken and corn; cook 5 min. or until heated through, stirring occasionally. Stir in bacon.
- Spread tortillas with salsa; top with chicken mixture and cheese.
- Roll up.

## Nutrition Facts



## Properties

Glycemic Index:2.13, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.5213043618461%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 44.73kcal (2.24%), Fat: 2.67g (4.1%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.31g (0.35%), Cholesterol: 7.84mg (2.61%), Sodium: 81.09mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin B3: 0.87mg (4.36%), Selenium: 2.99µg (4.27%), Vitamin B6: 0.07mg (3.45%), Phosphorus: 27.55mg (2.76%), Vitamin C: 2.05mg (2.48%), Vitamin K: 1.85µg (1.76%), Fiber: 0.39g (1.58%), Calcium: 15.6mg (1.56%), Vitamin B1: 0.02mg (1.45%), Potassium: 50.38mg (1.44%), Vitamin A: 71.77IU (1.44%), Vitamin B5: 0.13mg (1.27%), Vitamin B2: 0.02mg (1.09%), Zinc: 0.15mg (1.02%)