



Baked Chicken Tortillas

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound chicken breast cooked chopped
- ☐ 8 ounce carton cream sour low-fat
- ☐ 6 10-inch flour tortillas ()
- ☐ 3 ounces cheddar cheese shredded reduced-fat
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup bell pepper green red chopped
- ☐ 1 cup bottled salsa divided
- ☐ 0.3 cup tomatoes chopped

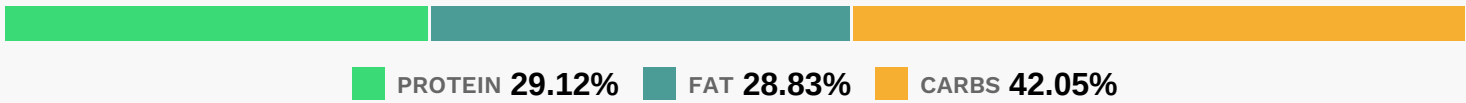
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine 1/2 cup salsa and sour cream in a small bowl, and spread evenly over each tortilla. Divide chicken, tomato, bell pepper, and onion evenly down center of each tortilla, and roll up.
- ☐ Place rolls, seam sides down, in an 11 x 7-inch baking dish coated with cooking spray. Top with 1/2 cup salsa.
- ☐ Bake at 350 for 15 minutes.
- ☐ Sprinkle with cheese; bake an additional 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:11.17, Inflammation Score:-6, Nutrition Score:18.003477967304%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 402.06kcal (20.1%), Fat: 12.74g (19.59%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 38.2g (13.89%), Sugar: 5.1g (5.67%), Cholesterol: 64.4mg (21.47%), Sodium: 960.48mg (41.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.89%), Vitamin B3: 11.48mg (57.42%), Selenium: 34.91µg (49.87%), Phosphorus: 388.36mg (38.84%), Vitamin B1: 0.43mg (28.97%), Vitamin B6: 0.5mg (25.24%), Calcium: 238.15mg (23.81%), Manganese: 0.43mg (21.67%), Vitamin B2: 0.36mg (21.08%), Folate: 78.85µg (19.71%),

Iron: 3.46mg (19.24%), Fiber: 3.58g (14.33%), Potassium: 477.78mg (13.65%), Magnesium: 46.8mg (11.7%), Vitamin C: 9.45mg (11.45%), Zinc: 1.51mg (10.05%), Vitamin A: 472.95IU (9.46%), Vitamin K: 8.6µg (8.19%), Vitamin B5: 0.8mg (7.99%), Copper: 0.15mg (7.54%), Vitamin B12: 0.42µg (7.02%), Vitamin E: 0.88mg (5.87%)