



## Better Choice Our Perfect Zesty Chicken Tortilla Bake

READY IN



50 min.

SERVINGS



50

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 7 oz milk cheddar cheese shredded 2% divided kraft
- 3 cups milk fat-free
- 0.5 cup flour
- 16 6-inch flour tortillas ( )
- 0.5 cup parsley fresh chopped
- 0.5 cup miracle whip dressing light
- 0.5 cup taco bellâ® & chunky salsa thick
- 1.5 lb chicken breasts boneless skinless cooked cut into bite-size pieces

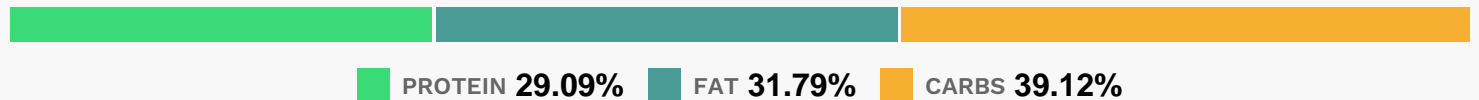
## Equipment

- sauce pan
- oven
- whisk

## Directions

- Heat oven to 375F.
- Whisk dressing and flour in medium saucepan until blended. Gradually stir in milk. Bring to boil on medium heat, stirring constantly; cook and stir until thickened.
- Add 1 cup cheese; cook until melted, stirring constantly. Reserve 1 cup sauce.
- Stir chicken, salsa and parsley into remaining sauce; spoon 1/3 cup down center of each tortilla.
- Roll up.
- Place 8 roll-ups, seam-sides down, in each of 2 (13x9-inch) baking dishes sprayed with cooking spray; top with reserved sauce and remaining cheese.
- Bake 25 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:4.03, Glycemic Load:2.46, Inflammation Score:-2, Nutrition Score:4.1273912761522%

## Flavonoids

Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

## Nutrients (% of daily need)

Calories: 73.74kcal (3.69%), Fat: 2.57g (3.96%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 6.64g (2.41%), Sugar: 1.48g (1.65%), Cholesterol: 13.35mg (4.45%), Sodium: 155.94mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Selenium: 8.36µg (11.94%), Vitamin K: 10.77µg

(10.25%), Vitamin B3: 1.97mg (9.87%), Phosphorus: 84.92mg (8.49%), Calcium: 64.06mg (6.41%), Vitamin B6: 0.12mg (6.23%), Vitamin B1: 0.08mg (5.17%), Vitamin B2: 0.09mg (5%), Folate: 14µg (3.5%), Manganese: 0.06mg (3.14%), Potassium: 102.57mg (2.93%), Vitamin B5: 0.29mg (2.92%), Iron: 0.51mg (2.86%), Vitamin A: 138.62IU (2.77%), Vitamin B12: 0.15µg (2.58%), Zinc: 0.36mg (2.41%), Magnesium: 9.45mg (2.36%), Fiber: 0.48g (1.94%), Vitamin D: 0.2µg (1.33%), Vitamin C: 1.01mg (1.23%)