



## Cheesy Chicken Burritos

READY IN



10 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup four cheese shredded mexican style kraft finely
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.3 cup knudsen cream sour
- 4 10-inch flour tortillas ()
- 1 cup lettuce shredded
- 0.3 cup taco bellâ® & chunky salsa thick
- 1 tomatoes chopped

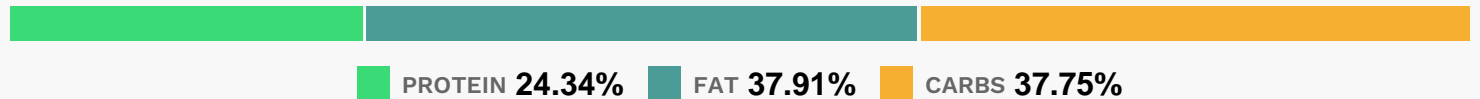
### Equipment

microwave

## Directions

- Spread chicken strips onto microwaveable plate; cover with waxed paper. Microwave on HIGH 30 sec. or until warmed.
- Sprinkle down centers of tortillas; top with remaining ingredients.
- Fold in opposite sides of each tortilla, then roll up burrito-style.

## Nutrition Facts



## Properties

Glycemic Index:32.75, Glycemic Load:11.48, Inflammation Score:-7, Nutrition Score:17.219565199769%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 412.04kcal (20.6%), Fat: 17.22g (26.49%), Saturated Fat: 8.01g (50.05%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 35.26g (12.82%), Sugar: 4.94g (5.49%), Cholesterol: 65.81mg (21.94%), Sodium: 799.63mg (34.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.89g (49.77%), Selenium: 34.04µg (48.63%), Vitamin B3: 9.34mg (46.68%), Phosphorus: 365.3mg (36.53%), Calcium: 283.76mg (28.38%), Vitamin B1: 0.42mg (27.69%), Vitamin B2: 0.38mg (22.29%), Manganese: 0.43mg (21.63%), Folate: 83.3µg (20.82%), Vitamin B6: 0.38mg (18.89%), Iron: 3.25mg (18.07%), Vitamin A: 735.29IU (14.71%), Fiber: 3.33g (13.31%), Vitamin K: 13.34µg (12.71%), Zinc: 1.73mg (11.55%), Potassium: 370.83mg (10.6%), Magnesium: 41.97mg (10.49%), Vitamin B5: 0.74mg (7.38%), Copper: 0.14mg (6.82%), Vitamin B12: 0.4µg (6.66%), Vitamin C: 5.15mg (6.25%), Vitamin E: 0.73mg (4.83%), Vitamin D: 0.17µg (1.13%)