



Cheesy Chicken Roll-ups

READY IN



25 min.

SERVINGS



25

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup colby & monterey jack cheeses shredded kraft
- 8 6-inch flour tortillas ()
- 2 cups lettuce shredded
- 0.5 cup taco bellâ® & chunky salsa thick
- 2 cups meat from a rotisserie chicken shredded cooked
- 1 large tomatoes chopped

Equipment

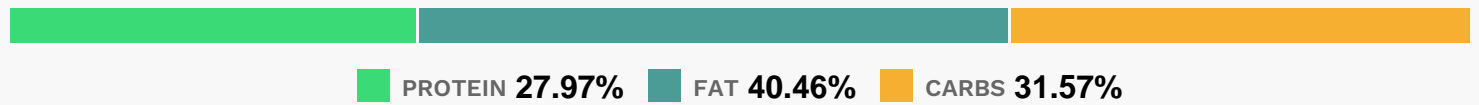
- oven

baking pan

Directions

- Heat oven to 350F. Top tortillas with salsa and chicken. Fold in opposite sides of tortillas, then roll up burrito-style.
- Place, seam-sides down, in 8-inch square baking dish. Top with cheese.
- Bake 15 min. or until cheese is melted.
- Sprinkle with lettuce and tomatoes.

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:1.61, Inflammation Score:-2, Nutrition Score:3.14565216264%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 72.51kcal (3.63%), Fat: 3.24g (4.98%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 5.1g (1.85%), Sugar: 0.89g (0.99%), Cholesterol: 13.42mg (4.47%), Sodium: 146mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.07%), Selenium: 5.71µg (8.16%), Vitamin B3: 1.42mg (7.1%), Phosphorus: 69.97mg (7%), Calcium: 54.75mg (5.47%), Vitamin B1: 0.06mg (4.19%), Vitamin B2: 0.07mg (3.99%), Vitamin B6: 0.07mg (3.66%), Manganese: 0.07mg (3.57%), Vitamin A: 171.59IU (3.43%), Folate: 13.5µg (3.38%), Iron: 0.59mg (3.27%), Vitamin K: 3.02µg (2.87%), Zinc: 0.41mg (2.76%), Potassium: 83.14mg (2.38%), Fiber: 0.59g (2.34%), Magnesium: 7.82mg (1.96%), Vitamin B5: 0.16mg (1.58%), Vitamin C: 1.26mg (1.52%), Copper: 0.03mg (1.39%), Vitamin B12: 0.08µg (1.27%)