



Chicken and Black Bean Taquitos with Adobo Sour Cream

READY IN



45 min.

SERVINGS



20

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup black beans canned rinsed drained
- 2 teaspoons chipotle chile canned minced
- 10 8-inch flour tortillas ()
- 2 tablespoons cilantro leaves fresh chopped
- 4 ounce chiles diced green undrained canned
- 1 cup heavy whipping cream sour reduced-fat
- 1.5 teaspoons olive oil
- 4 ounces preshredded 4-cheese mexican blend cheese reduced-fat

0.5 pound chicken breasts diced boneless skinless

Equipment

food processor

frying pan

baking sheet

oven

ziploc bags

Directions

To prepare taquitos, heat oil in a large nonstick skillet over medium heat.

Add chicken, and saut 5 minutes or until done.

Place chicken in a food processor.

Add cheese, beans, and green chiles; pulse 15 times or until beans are coarsely chopped.

Spoon about 3 tablespoons chicken mixture across the lower third of each tortilla; roll up.

Cut each tortilla in half; secure with wooden picks.

Place taquitos in a large zip-top plastic bag; freeze up to 3 months.

Preheat oven to 40

Place frozen taquitos on a large baking sheet coated with cooking spray.

Bake at 400 for 10 minutes; turn taquitos, and coat with cooking spray.

Bake an additional 10 minutes or until golden.

To prepare adobo sour cream, combine sour cream, cilantro, and chipotle chile. Stir well.

Nutrition Facts



Properties

Glycemic Index:3.3, Glycemic Load:3.98, Inflammation Score:-2, Nutrition Score:5.3139129993708%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 134.99kcal (6.75%), Fat: 5.49g (8.45%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 13.23g (4.81%), Sugar: 1.07g (1.19%), Cholesterol: 16.67mg (5.56%), Sodium: 283.85mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.07%), Selenium: 10.6µg (15.14%), Vitamin B3: 2.39mg (11.94%), Phosphorus: 114.63mg (11.46%), Vitamin B1: 0.15mg (9.87%), Calcium: 94.95mg (9.5%), Folate: 32.14µg (8.03%), Vitamin B2: 0.12mg (7.18%), Manganese: 0.14mg (6.96%), Iron: 1.18mg (6.56%), Vitamin B6: 0.12mg (5.75%), Fiber: 1.34g (5.35%), Potassium: 122.89mg (3.51%), Magnesium: 12.87mg (3.22%), Zinc: 0.46mg (3.05%), Vitamin C: 2.31mg (2.79%), Vitamin B12: 0.14µg (2.35%), Vitamin B5: 0.23mg (2.3%), Vitamin K: 2.36µg (2.25%), Copper: 0.04mg (2.06%), Vitamin A: 88.53IU (1.77%)