



Chicken and Pepper Jack Taquitos

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 6-inch corn tortillas ()
- 1 teaspoon liquid smoke
- 2 teaspoons olive oil
- 1.3 cups pepper jack cheese shredded
- 0.5 cup roasted peppers red drained chopped (from water-packed jar)
- 1 pound chicken breasts boneless skinless cut into 1-inch pieces

Equipment

- frying pan

baking sheet

oven

Directions

Watch how to make this recipe.

Preheat oven to 400 degrees F.

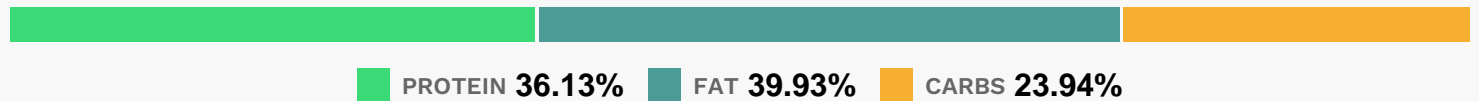
Heat oil in a large skillet over medium heat.

Add chicken and saute 5 minutes, until browned on all sides.

Add roasted red peppers and liquid smoke and cook 1 minute to heat through. Arrange tortillas on a flat surface. Top each tortilla with an equal amount of chicken mixture, to within 1/4-inch of the edges. Top chicken mixture with cheese (1/3 cup of cheese per tortilla).

Roll up tortillas and place on a baking sheet. Spray with cooking spray and bake 10 minutes, until cheese melts.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:10.13, Inflammation Score:-5, Nutrition Score:19.546521684398%

Nutrients (% of daily need)

Calories: 403.96kcal (20.2%), Fat: 17.88g (27.51%), Saturated Fat: 8.36g (52.23%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 20.64g (7.51%), Sugar: 0.65g (0.72%), Cholesterol: 106.1mg (35.37%), Sodium: 623.33mg (27.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.41g (72.81%), Selenium: 44.97µg (64.25%), Vitamin B3: 12.74mg (63.69%), Phosphorus: 572.16mg (57.22%), Vitamin B6: 1.02mg (51.21%), Calcium: 335.98mg (33.6%), Magnesium: 79.02mg (19.75%), Vitamin B2: 0.3mg (17.61%), Vitamin B5: 1.76mg (17.58%), Zinc: 2.5mg (16.67%), Potassium: 572.37mg (16.35%), Fiber: 3.49g (13.94%), Vitamin C: 9.5mg (11.51%), Manganese: 0.22mg (10.93%), Vitamin B12: 0.54µg (8.99%), Vitamin B1: 0.13mg (8.77%), Vitamin A: 415.72IU (8.31%), Iron: 1.48mg (8.23%), Copper: 0.15mg (7.28%), Vitamin E: 0.75mg (4.98%), Folate: 16.72µg (4.18%), Vitamin D: 0.34µg (2.26%), Vitamin K: 2.37µg (2.26%)