



## Chicken Burrito

READY IN



30 min.

SERVINGS



30

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 oz oscar mayer carving board southwestern seasoned chicken breast strips
- 6 6-inch flour tortillas ()
- 1 cup taco bellâ® refried beans
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.5 cup cheddar cheese shredded kraft

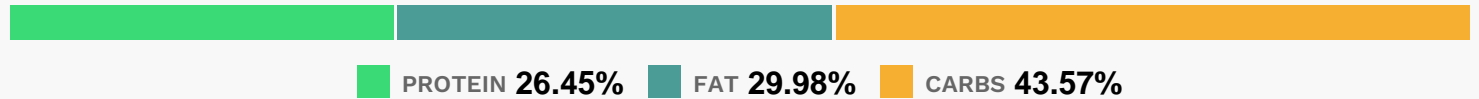
## Equipment

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Spoon beans down centers of tortillas; top with chicken. Fold in opposite sides of each tortilla, then roll up burrito-style.
- Place, seam-sides down, in 13x9-inch baking dish; top with salsa and cheese. Cover.
- Bake 20 min. or until burritos are heated through and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:3.33, Glycemic Load:1.16, Inflammation Score:-1, Nutrition Score:1.6669565380915%

## Nutrients (% of daily need)

Calories: 39.12kcal (1.96%), Fat: 1.27g (1.96%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 3.54g (1.29%), Sugar: 0.59g (0.66%), Cholesterol: 5.51mg (1.84%), Sodium: 137.48mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Selenium: 3.72µg (5.32%), Vitamin B3: 0.91mg (4.53%), Phosphorus: 34.28mg (3.43%), Vitamin B6: 0.05mg (2.75%), Calcium: 26.21mg (2.62%), Fiber: 0.62g (2.5%), Vitamin B1: 0.04mg (2.39%), Vitamin B2: 0.03mg (1.9%), Iron: 0.33mg (1.84%), Manganese: 0.04mg (1.78%), Folate: 6.44µg (1.61%), Potassium: 41.11mg (1.17%), Vitamin B5: 0.11mg (1.07%)