



## Chicken Burritos

READY IN



45 min.

SERVINGS



6

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.8 oz cream of chicken soup canned
- 6 10-inch flour tortilla ()
- 1.5 cups salsa divided
- 2 cups cheddar cheese shredded
- 4 chicken breast shredded boneless skinless cooked
- 1 cup cream sour
- 6 servings spring onion sour sliced chopped

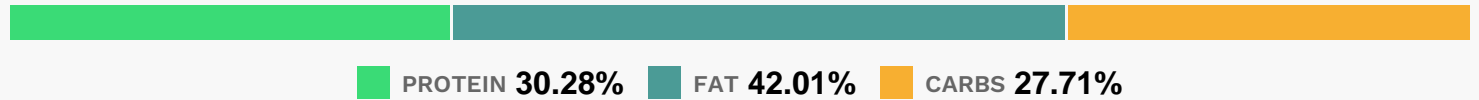
## Equipment

- bowl
- oven
- baking pan

## Directions

- Combine chicken, 1/2 cup salsa and sour cream in a large bowl. Spoon chicken mixture evenly on to tortillas. Fold up sides and roll up, burrito-style, place in an ungreased 13"x9" baking dish. Blend together soup and remaining one cup salsa; pour over burritos.
- Bake, uncovered at 350 for 30 minutes.
- Sprinkle with cheese and bake 5 more minutes or until cheese melts. Seve with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:18.17, Glycemic Load:12.58, Inflammation Score:-8, Nutrition Score:30.866087084231%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 662kcal (33.1%), Fat: 30.64g (47.13%), Saturated Fat: 13.99g (87.46%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 41.69g (15.16%), Sugar: 7.25g (8.06%), Cholesterol: 158.57mg (52.86%), Sodium: 1712.4mg (74.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.69g (99.38%), Selenium: 72.43µg (103.47%), Vitamin B3: 19.85mg (99.23%), Phosphorus: 692.02mg (69.2%), Vitamin B6: 1.33mg (66.32%), Calcium: 424.11mg (42.41%), Vitamin B2: 0.58mg (34.13%), Vitamin B1: 0.5mg (33.16%), Vitamin B5: 2.72mg (27.17%), Potassium: 933.77mg (26.68%), Manganese: 0.5mg (24.92%), Iron: 4.25mg (23.59%), Vitamin K: 24.08µg (22.94%), Folate: 86.44µg (21.61%), Magnesium: 80.72mg (20.18%), Vitamin A: 994.31IU (19.89%), Zinc: 2.8mg (18.64%), Fiber: 3.78g (15.1%), Vitamin B12: 0.84µg (14.02%), Copper: 0.24mg (12.1%), Vitamin E: 1.63mg (10.84%), Vitamin C: 4.57mg (5.54%), Vitamin D: 0.34µg (2.25%)