



Chicken Enchilada Salad Wraps

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 oz cream cheese light softened
- 0.3 cup cream light sour
- 0.5 tsp chili powder
- 0.5 tsp cumin
- 1 clove garlic minced
- 12.5 oz chicken chunk drained canned
- 0.5 cup cheddar cheese shredded
- 10 oz canned tomatoes diced with green chilies, drained (like ro*tel) canned
- 2 spring onion diced

- 2 Tbsp cilantro leaves fresh chopped
- 4 servings lettuce
- 6 burrito sized tortillas

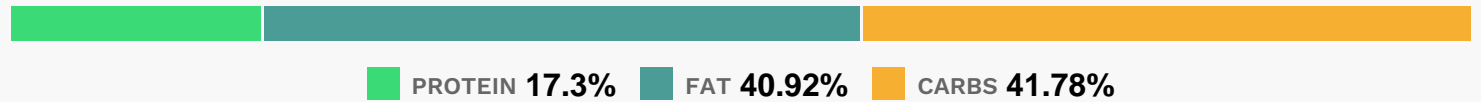
Equipment

- bowl

Directions

- In a bowl, blend together the cream cheese, sour cream, chili powder, cumin, and garlic.
- Fold in the cheese, chicken, tomatoes with green chilies, green onion and cilantro into the cream cheese mixture.
- Divide mixture between the tortillas and top with lettuce.
- Roll up burrito style and serve.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:14.81, Inflammation Score:-8, Nutrition Score:22.440434782609%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Taste

Sweetness: 56.85%, Saltiness: 100%, Sourness: 65.87%, Bitterness: 28.99%, Savoriness: 61.19%, Fattiness: 82.81%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 516.23kcal (25.81%), Fat: 23.51g (36.17%), Saturated Fat: 10.1g (63.12%), Carbohydrates: 54.01g (18%), Net Carbohydrates: 48.76g (17.73%), Sugar: 8.27g (9.19%), Cholesterol: 62.53mg (20.84%), Sodium: 895.93mg (38.95%), Protein: 22.36g (44.72%), Selenium: 31.87µg (45.53%), Vitamin K: 44.69µg (42.56%), Phosphorus:

392.12mg (39.21%), Vitamin B1: 0.57mg (38.15%), Vitamin B3: 7.62mg (38.09%), Calcium: 334.92mg (33.49%), Manganese: 0.66mg (32.97%), Folate: 131.32µg (32.83%), Vitamin B2: 0.49mg (29.11%), Iron: 5.1mg (28.33%), Vitamin A: 1071.91IU (21.44%), Fiber: 5.25g (20.99%), Vitamin B6: 0.36mg (18.08%), Potassium: 577.13mg (16.49%), Vitamin C: 11.33mg (13.73%), Zinc: 2.04mg (13.59%), Magnesium: 52.14mg (13.04%), Copper: 0.21mg (10.61%), Vitamin B5: 0.95mg (9.5%), Vitamin B12: 0.54µg (8.96%), Vitamin E: 1.15mg (7.68%), Vitamin D: 0.26µg (1.75%)