



Chicken Fajita Roll-Ups

READY IN



20 min.

SERVINGS



4

CALORIES



553 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups lettuce shredded
- 2 tsp oil
- 0.3 cup lite ranch dressing kraft
- 1 large bell pepper green red cut into thin strips
- 0.5 cup taco bell® & chunky salsa thick
- 1 cup milk sharp cheddar cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless cut into thin strips
- 4 10-inch tortillas whole wheat warmed ()

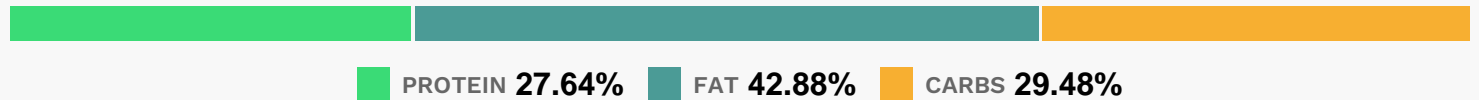
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chicken; cook and stir 1 min.
- Add peppers; cook and stir 8 min. or until chicken is done and peppers are crisp-tender.
- Remove from heat. Stir in salsa and dressing.
- Spoon chicken mixture down centers of tortillas; top with cheese and lettuce.
- Roll up tightly.
- Cut in half.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:22.37260869275%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 552.63kcal (27.63%), Fat: 26.3g (40.46%), Saturated Fat: 8.87g (55.41%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 34.42g (12.52%), Sugar: 6.66g (7.4%), Cholesterol: 104.72mg (34.91%), Sodium: 1103.98mg (48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.13g (76.27%), Selenium: 45.13µg (64.47%), Vitamin B3: 12.44mg (62.22%), Vitamin B6: 1.03mg (51.69%), Vitamin C: 35.7mg (43.27%), Phosphorus: 419.42mg (41.94%), Calcium: 352.1mg (35.21%), Vitamin K: 33.51µg (31.92%), Fiber: 6.27g (25.07%), Vitamin B5: 1.98mg (19.83%), Potassium: 644.6mg (18.42%), Vitamin B2: 0.28mg (16.45%), Vitamin A: 766.02IU (15.32%), Iron: 2.58mg (14.31%), Zinc: 1.88mg (12.53%), Magnesium: 48.73mg (12.18%), Vitamin E: 1.75mg (11.67%), Vitamin B12: 0.55µg (9.2%), Vitamin B1: 0.13mg (8.59%), Manganese: 0.15mg (7.33%), Folate: 24.3µg (6.07%), Copper: 0.1mg (4.89%),

Vitamin D: 0.3µg (1.99%)