



## Chicken Tinga Tortilla Cups

READY IN



20 min.

SERVINGS



20

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup four cheese shredded mexican style kraft finely
- 2 cups lettuce shredded
- 0.8 cup salsa red
- 2 cups meat from a rotisserie chicken shredded cooked
- 1 tomatoes chopped
- 6 6-inch tortillas whole wheat ()

### Equipment

- bowl

- baking sheet
- oven
- aluminum foil
- microwave

## Directions

- Heat oven to 425F.
- Crumple 6 sheets of foil to make 6 (3-inch) balls; place on baking sheet.
- Place 1 tortilla over each ball; spray with cooking spray.
- Bake 6 to 8 min. or until tortillas are golden brown. (Tortillas will drape over balls as they bake to form cups.)
- Meanwhile, combine chicken and salsa in microwaveable bowl; cover with waxed paper. Microwave on HIGH 2 min. or until heated through.
- Fill tortilla cups with chicken mixture; top with remaining ingredients.

## Nutrition Facts

**PROTEIN 32.74%** **FAT 35.29%** **CARBS 31.97%**

## Properties

Glycemic Index:4.85, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:2.4582608672588%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 62.39kcal (3.12%), Fat: 2.45g (3.77%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 4.14g (1.5%), Sugar: 1.03g (1.15%), Cholesterol: 13.32mg (4.44%), Sodium: 142.48mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Vitamin B3: 1.26mg (6.3%), Selenium: 4.34µg (6.2%), Phosphorus: 45.85mg (4.59%), Vitamin B6: 0.08mg (4.22%), Calcium: 40.16mg (4.02%), Fiber: 0.86g (3.42%), Vitamin A: 168.22IU (3.36%), Vitamin K: 2.7µg (2.57%), Iron: 0.45mg (2.49%), Potassium: 84.12mg (2.4%), Zinc: 0.36mg (2.38%), Vitamin B2: 0.04mg (2.3%), Vitamin B5: 0.18mg (1.79%), Magnesium: 6.35mg (1.59%), Vitamin C:

1.23mg (1.49%), Manganese: 0.03mg (1.48%), Vitamin E: 0.19mg (1.24%), Vitamin B1: 0.02mg (1.21%), Vitamin B12:  
0.07µg (1.18%), Folate: 4.69µg (1.17%), Copper: 0.02mg (1.03%)