



Chicken-Tortilla Pie

READY IN



23 min.

SERVINGS



4

CALORIES



407 kcal

Ingredients

- ☐ 1 cup spicy black bean dip (such as Guiltless Gourmet)
- ☐ 2 cups chicken breast shredded cooked
- ☐ 4 8-inch multigrain flour tortillas () (such as Tumaro's)
- ☐ 2 ounces monterrey jack cheese shredded reduced-fat
- ☐ 0.3 cup salsa fresh

Equipment

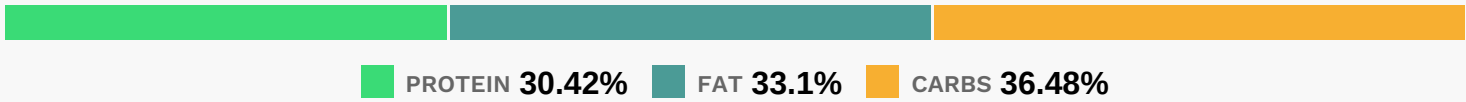
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ springform pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine chicken and salsa in a medium bowl.
- ☐ Spread 1/4 cup black bean dip over each tortilla. Top each evenly with chicken mixture and 2 tablespoons cheese. Stack tortillas in bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 450 for 10 minutes or until thoroughly heated and cheese melts.
- ☐ Remove sides of pan.
- ☐ Cut pie into 4 wedges.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:7.99, Inflammation Score:-4, Nutrition Score:13.954347934412%

Nutrients (% of daily need)

Calories: 406.59kcal (20.33%), Fat: 14.73g (22.67%), Saturated Fat: 5.47g (34.17%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 31.07g (11.3%), Sugar: 9.34g (10.38%), Cholesterol: 65.12mg (21.71%), Sodium: 621.28mg (27.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.46g (60.93%), Selenium: 30.79µg (43.99%), Vitamin B3: 7.97mg (39.83%), Phosphorus: 307.6mg (30.76%), Iron: 4.09mg (22.71%), Fiber: 5.45g (21.82%), Vitamin B1: 0.31mg (20.52%), Calcium: 193.15mg (19.32%), Vitamin B2: 0.31mg (18.07%), Vitamin B6: 0.36mg (17.84%), Manganese: 0.28mg (14.19%), Folate: 54.64µg (13.66%), Zinc: 1.79mg (11.95%), Vitamin B5: 0.83mg (8.27%), Magnesium: 32.18mg (8.05%), Potassium: 277.46mg (7.93%), Copper: 0.11mg (5.4%), Vitamin B12: 0.32µg (5.34%), Vitamin K: 4.71µg (4.48%), Vitamin A: 215.7IU (4.31%), Vitamin E: 0.24mg (1.57%)