



Creamy Baked Chicken Taquitos

READY IN



30 min.

SERVINGS



10

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 oz cream cheese softened
- 8.2 oz flour tortilla soft for tacos & fajitas (10 tortillas;
- 1.5 cups chicken shredded cooked
- 0.3 cup salsa verde green (salsa verde)

Equipment

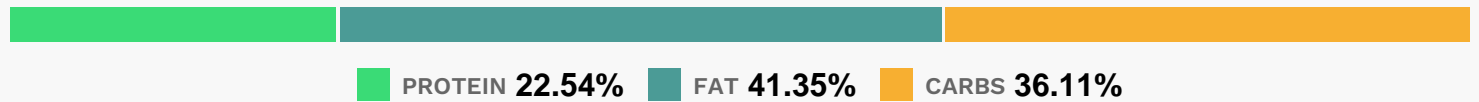
- bowl
- baking sheet
- oven

aluminum foil

Directions

- Heat oven to 400F. Line cookie sheet with foil.
- In small bowl, stir together chicken, cream cheese and 1/4 cup of the salsa. Taste for spiciness; add more salsa to taste.
- Lightly brush each tortilla on both sides with olive oil or spray with cooking spray.
- Place 2 tablespoons chicken mixture in center of each tortilla.
- Roll up; place on cookie sheet, seam side down.
- Bake 15 to 20 minutes or until lightly browned.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:3.75, Inflammation Score:-2, Nutrition Score:4.6108695320461%

Nutrients (% of daily need)

Calories: 138.63kcal (6.93%), Fat: 6.26g (9.64%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 11.49g (4.18%), Sugar: 1.54g (1.71%), Cholesterol: 24.34mg (8.11%), Sodium: 254.17mg (11.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Selenium: 11.08µg (15.83%), Vitamin B3: 2.69mg (13.45%), Phosphorus: 97.31mg (9.73%), Vitamin B1: 0.13mg (8.79%), Vitamin B2: 0.12mg (6.82%), Iron: 1.11mg (6.15%), Manganese: 0.12mg (5.97%), Folate: 23.67µg (5.92%), Vitamin B6: 0.1mg (5.23%), Calcium: 44.71mg (4.47%), Fiber: 0.81g (3.25%), Zinc: 0.48mg (3.23%), Vitamin A: 158.14IU (3.16%), Vitamin B5: 0.29mg (2.91%), Potassium: 99.84mg (2.85%), Magnesium: 10.29mg (2.57%), Copper: 0.04mg (1.88%), Vitamin K: 1.85µg (1.76%), Vitamin B12: 0.08µg (1.33%)