



## Easy Salsa Chicken Burritos

READY IN



20 min.

SERVINGS



8

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb chicken breast for stir-fry
- 11 oz flour tortilla for burritos (8 tortillas;
- 8 servings cheese shredded
- 16 oz salsa thick
- 1 oz taco seasoning

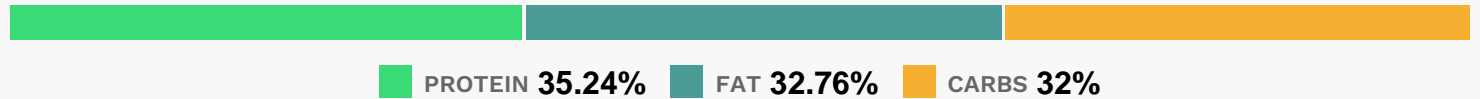
### Equipment

- frying pan

## Directions

- In 10-inch nonstick skillet, cook chicken over medium heat, stirring occasionally, until no longer pink in center.
- Stir in taco seasoning mix and salsa. Cook until hot.
- Spoon chicken mixture onto tortillas. Top with lettuce, cheese and bell pepper strips.
- Roll up tortillas.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:6.25, Inflammation Score:-7, Nutrition Score:17.526086952375%

## Nutrients (% of daily need)

Calories: 323.34kcal (16.17%), Fat: 11.68g (17.97%), Saturated Fat: 5.31g (33.22%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 22.63g (8.23%), Sugar: 4.56g (5.07%), Cholesterol: 76.55mg (25.52%), Sodium: 1218.96mg (53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.55%), Selenium: 41.18µg (58.83%), Vitamin B3: 11.26mg (56.29%), Vitamin B6: 0.77mg (38.51%), Phosphorus: 376.17mg (37.62%), Calcium: 218.44mg (21.84%), Vitamin B1: 0.28mg (18.58%), Vitamin B2: 0.29mg (17.2%), Vitamin A: 819.38IU (16.39%), Potassium: 530.97mg (15.17%), Vitamin B5: 1.43mg (14.3%), Manganese: 0.28mg (13.89%), Vitamin B12: 0.81µg (13.47%), Iron: 2.33mg (12.95%), Fiber: 3.05g (12.2%), Magnesium: 44.79mg (11.2%), Folate: 44.27µg (11.07%), Zinc: 1.63mg (10.87%), Vitamin E: 0.91mg (6.04%), Vitamin K: 6µg (5.72%), Copper: 0.1mg (5.17%), Vitamin C: 3.69mg (4.48%), Vitamin D: 0.2µg (1.31%)