



Easy Salsa Chicken Burritos

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb chicken breast for stir-fry
- ☐ 11 oz flour tortilla for burritos (8 tortillas; old el paso®)
- ☐ 16 oz salsa thick old el paso®
- ☐ 1 oz taco seasoning old el paso®

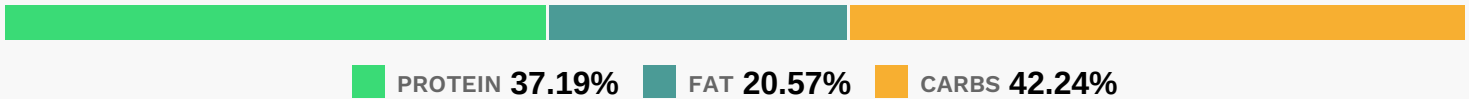
Equipment

- ☐ 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:4.25, Glycemic Load:6.08, Inflammation Score:-6, Nutrition Score:14.808695723181%

Nutrients (% of daily need)

Calories: 239.34kcal (11.97%), Fat: 5.43g (8.35%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 22.02g (8.01%), Sugar: 4.27g (4.75%), Cholesterol: 54.43mg (18.14%), Sodium: 1043.4mg (45.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.07g (44.14%), Vitamin B3: 11.23mg (56.14%), Selenium: 36.42µg (52.03%), Vitamin B6: 0.76mg (37.99%), Phosphorus: 277.05mg (27.7%), Vitamin B1: 0.27mg (18.02%), Potassium: 509.69mg (14.56%), Vitamin B5: 1.39mg (13.9%), Manganese: 0.27mg (13.47%), Vitamin A: 630.1IU (12.6%), Vitamin B2: 0.21mg (12.54%), Iron: 2.21mg (12.26%), Fiber: 3.05g (12.2%), Folate: 42.31µg (10.58%), Magnesium: 39.19mg (9.8%), Calcium: 77.04mg (7.7%), Vitamin E: 0.85mg (5.69%), Zinc: 0.81mg (5.42%), Vitamin K: 5.36µg (5.1%), Copper: 0.1mg (5.02%), Vitamin C: 3.69mg (4.48%), Vitamin B12: 0.17µg (2.83%)