



## Exploding Chicken Taquitos

 **Gluten Free**

READY IN



**50 min.**

SERVINGS



**4**

CALORIES



**249 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 9.8 ounce chicken breast fat-free white chunk flaked drained canned
- 8 6-inch corn tortillas yellow ()
- 0.5 cup salsa plus more, as dip, optional
- 0.3 cup cheddar cheese fat-free shredded
- 4 servings cream fat-free sour
- 0.3 teaspoon taco seasoning dry

### Equipment

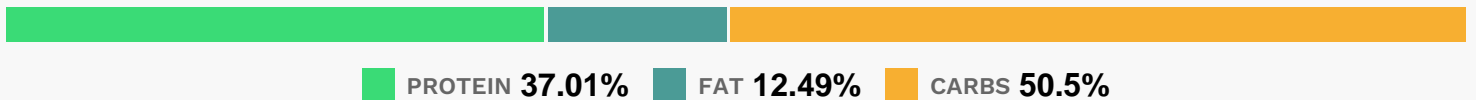
- bowl

- baking sheet
- paper towels
- oven
- toothpicks
- microwave

## Directions

- Preheat the oven to 375 degrees F.
- In a medium bowl, combine the chicken and salsa, and mix thoroughly. Cover and refrigerate for 15 minutes.
- Remove chicken mixture from the refrigerator, and drain any excess liquid.
- Add cheese and taco seasoning, and mix to combine. This is your filling. Set aside.
- Prepare a baking sheet by spraying it with nonstick spray. Set aside.
- Dampen 2 paper towels, and place tortillas between them. Microwave for about 1 minute, until tortillas are warm and pliable.
- Place one tortilla flat on a clean dry surface (keep the rest between the paper towels), and spoon about 2 heaping tablespoons filling onto the tortilla.
- Spread it evenly across the entire surface, and roll the tortilla up tightly, so that you have a cigar-shaped tube. Secure with toothpicks, if needed, and place seam-side down on the baking sheet. Repeat with remaining tortillas and filling.
- Bake in the oven until crispy, 14 to 16 minutes.
- Allow to cool for 5 minutes.
- Serve with sour cream and additional salsa for dipping, if using. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:12.63, Glycemic Load:10.06, Inflammation Score:-6, Nutrition Score:14.986956553615%

## Nutrients (% of daily need)

Calories: 248.51kcal (12.43%), Fat: 3.49g (5.37%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 27.91g (10.15%), Sugar: 3.75g (4.17%), Cholesterol: 48.55mg (16.18%), Sodium: 652.36mg (28.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.28g (46.56%), Phosphorus: 526.13mg (52.61%), Selenium: 30.91µg (44.16%), Vitamin B3: 8.41mg (42.05%), Vitamin B6: 0.71mg (35.56%), Calcium: 220.52mg (22.05%), Magnesium: 69.78mg (17.44%), Fiber: 3.86g (15.45%), Potassium: 523.99mg (14.97%), Vitamin B2: 0.24mg (14.35%), Zinc: 1.94mg (12.94%), Vitamin B5: 1.11mg (11.07%), Manganese: 0.22mg (10.83%), Vitamin A: 528.79IU (10.58%), Vitamin B1: 0.13mg (8.39%), Vitamin B12: 0.43µg (7.18%), Copper: 0.13mg (6.37%), Iron: 1.09mg (6.04%), Vitamin E: 0.73mg (4.84%), Folate: 14.63µg (3.66%), Vitamin K: 2.04µg (1.94%), Vitamin C: 1.45mg (1.76%)