



Filled Tortilla

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



288 kcal

SIDE DISH

Ingredients

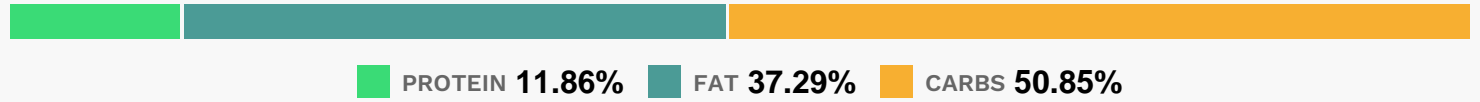
- 2 Tbsp philadelphia cream cheese spread
- 2 6-inch flour tortillas ()
- 2 Tbsp taco bellâ® refried beans fat free 99%
- 1 Tbsp taco bellâ® & chunky salsa thick

Equipment

Directions

- Spread half of each tortilla with 1 Tbsp. cream cheese spread.
- Spread remaining half of each tortilla with 1 Tbsp. beans, then drizzle with salsa.
- Fold each tortilla into quarters to make triangle.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:10.14, Inflammation Score:-5, Nutrition Score:7.9813044291476%

Nutrients (% of daily need)

Calories: 288.28kcal (14.41%), Fat: 11.76g (18.1%), Saturated Fat: 6.21g (38.83%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 32.4g (11.78%), Sugar: 4.65g (5.17%), Cholesterol: 19.84mg (6.61%), Sodium: 880.66mg (38.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.83%), Vitamin B1: 0.31mg (20.54%), Selenium: 13.54µg (19.35%), Manganese: 0.32mg (15.84%), Fiber: 3.68g (14.74%), Folate: 57.12µg (14.28%), Vitamin B3: 2.85mg (14.27%), Calcium: 140.94mg (14.09%), Iron: 2.52mg (14.02%), Phosphorus: 129.36mg (12.94%), Vitamin B2: 0.17mg (10.29%), Vitamin A: 415.3IU (8.31%), Vitamin K: 5.08µg (4.83%), Magnesium: 15.9mg (3.97%), Copper: 0.07mg (3.7%), Potassium: 121.44mg (3.47%), Vitamin B6: 0.07mg (3.35%), Zinc: 0.35mg (2.36%), Vitamin E: 0.22mg (1.46%), Vitamin B5: 0.13mg (1.35%)