



## Greek-Style Burritos

READY IN



38 min.

SERVINGS



38

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups rice long-grain white cooked
- 4 oz athenos feta cheese crumbled traditional
- 6 8-inch flour tortillas ()
- 2 tsp lemon zest
- 0.5 cup nonfat yogurt plain greek-style
- 7 oz athenos roasted pepper hummus red
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 1.5 cups tightly spinach fresh packed
- 1 tomatoes chopped

0.3 cup greek vinaigrette dressing kraft

## Equipment

frying pan

oven

## Directions

Heat oven to 350F.

Heat dressing in large nonstick skillet on medium-high heat.

Add chicken; cook 6 min. or until done, stirring occasionally.

Remove from heat.

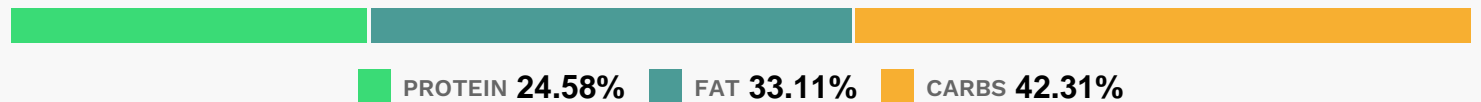
Add rice and zest; mix lightly.

Spread tortillas with hummus; top with chicken mixture, cheese and spinach. Fold in opposite sides of each tortilla, then roll up burrito-style.

Place, seam-sides down, in single layer in casserole.

Bake 20 min. or until heated through; top with yogurt and tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:6.32, Glycemic Load:3.84, Inflammation Score:-2, Nutrition Score:3.720434806917%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 68kcal (3.4%), Fat: 2.47g (3.81%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.66g (2.42%), Sugar: 0.69g (0.76%), Cholesterol: 10.36mg (3.45%), Sodium: 182.31mg (7.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Selenium: 6.86µg (9.8%), Vitamin B3: 1.72mg

(8.62%), Vitamin K: 8.26µg (7.87%), Vitamin B6: 0.13mg (6.53%), Phosphorus: 62.76mg (6.28%), Manganese: 0.1mg (5.22%), Vitamin B2: 0.07mg (4.29%), Vitamin C: 3.51mg (4.26%), Vitamin B1: 0.06mg (3.96%), Calcium: 38.09mg (3.81%), Vitamin A: 181.61IU (3.63%), Folate: 13.27µg (3.32%), Vitamin B5: 0.27mg (2.71%), Potassium: 89.42mg (2.55%), Iron: 0.46mg (2.55%), Magnesium: 8.93mg (2.23%), Zinc: 0.29mg (1.94%), Fiber: 0.45g (1.82%), Vitamin B12: 0.09µg (1.57%), Copper: 0.03mg (1.46%)