



HEALTH SCORE

61%

Mexican chicken tortillas



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 6 flour tortilla soft
- ☐ 175 g lancashire cheese red grated
- ☐ 250 g roasted chicken cooked chopped
- ☐ 2 medium tomatoes sliced
- ☐ 1 large avocado ripe
- ☐ 2 tsp juice of lemon
- ☐ 1 handful cilantro leaves chopped

☐ 4 tbsp cream

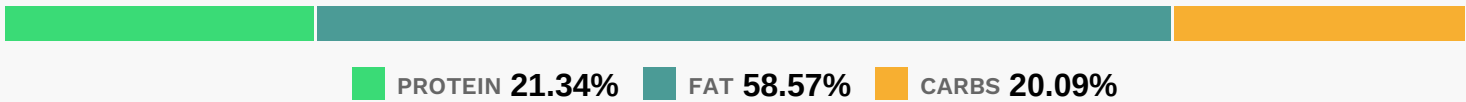
Equipment

☐ frying pan

Directions

- ☐ Heat a non-stick frying pan over a medium heat, swirl 1 tsp of the oil around, then add a tortilla.
- ☐ Sprinkle a handful of the cheese over one half of the tortilla, followed by some chicken and a few tomato slices. Season with a little salt and pepper. Cook for a few moments to melt the cheese, then fold over and cook until the tortilla is crisp.
- ☐ Turn the tortilla out of the pan and cut into quarters. Repeat with another flour tortilla to make another child's portion.
- ☐ For the adults version, start by making a simple guacamole. Halve, stone, peel and slice the avocado, then mash it with the lime or lemon juice and a little seasoning.
- ☐ Make the tortillas as before, adding a little chopped coriander.
- ☐ Serve two each and cut into halves rather than quarters.
- ☐ Serve with the guacamole and soured cream, scattered with a little more coriander.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:16.04, Inflammation Score:-9, Nutrition Score:42.917391320933%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg

Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 1173.31kcal (58.67%), Fat: 77g (118.46%), Saturated Fat: 29.89g (186.79%), Carbohydrates: 59.43g (19.81%), Net Carbohydrates: 48g (17.46%), Sugar: 8.29g (9.21%), Cholesterol: 198.04mg (66.01%), Sodium: 1215.53mg (52.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.12g (126.24%), Phosphorus: 932.78mg (93.28%), Selenium: 64.82µg (92.6%), Vitamin B3: 16.45mg (82.23%), Calcium: 759.41mg (75.94%), Vitamin B2: 0.9mg (52.85%), Folate: 210.13µg (52.53%), Vitamin B6: 1.02mg (51.25%), Vitamin K: 52.29µg (49.8%), Fiber: 11.43g (45.72%), Vitamin B1: 0.65mg (43.36%), Zinc: 5.77mg (38.47%), Manganese: 0.76mg (38.03%), Potassium: 1306.52mg (37.33%), Vitamin C: 29.59mg (35.87%), Vitamin A: 1711.22IU (34.22%), Iron: 5.97mg (33.19%), Vitamin E: 4.91mg (32.73%), Vitamin B5: 2.97mg (29.67%), Magnesium: 110.32mg (27.58%), Copper: 0.44mg (21.9%), Vitamin B12: 1.11µg (18.55%)