



No-Fuss Tex-Mex Roll-Ups

READY IN



30 min.

SERVINGS



30

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup triple cheddar cheese shredded with a touch of philadelphia, divided kraft
- 1 Tbsp chili powder
- 0.5 cup knudsen cream sour
- 8 6-inch flour tortillas ()
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 lb ground beef lean
- 2 pasilla peppers red chopped
- 0.5 cup taco bellâ® & chunky salsa thick

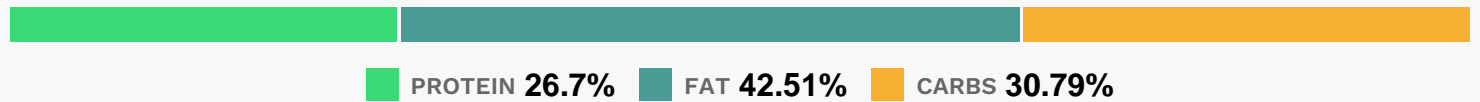
Equipment

- frying pan
- broiler

Directions

- Brown meat in large nonstick skillet on medium heat; drain. Return meat to skillet; stir in peppers and chili powder. Cook 5 min. or until peppers are crisp-tender, stirring occasionally.
- Remove from heat.
- Heat broiler.
- Add sour cream and 1/4 cup cheese to meat mixture; mix well. Spoon down centers of tortillas; roll up.
- Place, seam sides down, in 13x9-inch pan sprayed with cooking spray.
- Drizzle with dressing; top with salsa and remaining cheese.
- Broil, 6 inches from heat, 3 to 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:1.36, Inflammation Score:-4, Nutrition Score:4.1673912768779%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 69.24kcal (3.46%), Fat: 3.26g (5.02%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.7g (1.71%), Sugar: 1.16g (1.29%), Cholesterol: 13.52mg (4.51%), Sodium: 134.93mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin C: 10.28mg (12.46%), Vitamin A: 391.72IU (7.83%), Selenium: 5.23µg (7.47%), Vitamin B3: 1.35mg (6.74%), Phosphorus: 62.5mg (6.25%), Zinc: 0.94mg (6.23%), Vitamin B12: 0.37µg (6.11%), Vitamin B6: 0.1mg (5.22%), Vitamin B2: 0.07mg (4.25%), Iron: 0.76mg (4.22%), Vitamin B1: 0.05mg (3.64%), Calcium: 33.13mg (3.31%), Folate: 12.8µg (3.2%), Manganese: 0.06mg (3.03%), Potassium: 103.32mg (2.95%), Vitamin E: 0.39mg (2.63%), Vitamin K: 2.67µg (2.55%), Fiber: 0.62g (2.47%), Magnesium:

8.08mg (2.02%), Vitamin B5: 0.17mg (1.67%), Copper: 0.03mg (1.42%)