



Our Perfect Zesty Chicken Tortilla Bake

READY IN



50 min.

SERVINGS



8

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups tex mex cheese shredded divided kraft
- ☐ 0.5 cup flour
- ☐ 16 small flour tortillas
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 cups milk
- ☐ 0.5 cup miracle whip dressing
- ☐ 0.5 cup salsa
- ☐ 1.5 pounds chicken breasts boneless skinless cooked cut into bite-size pieces

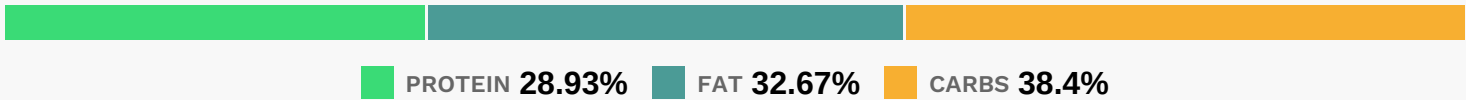
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Mix dressing and flour in medium saucepan with whisk until well blended. Gradually stir in milk. Bring to boil on medium heat, stirring constantly; cook and stir until thickened.
- ☐ Add 1 cup cheese; cook until melted, stirring constantly. Reserve 1 cup sauce.
- ☐ Stir chicken, salsa and parsley into remaining sauce; spoon 1/3 cup down centre of each tortilla.
- ☐ Roll up.
- ☐ Place 8 roll-ups, seam-sides down, in each of 2 (13x9-inch) baking dishes sprayed with cooking spray; top with reserved sauce and remaining cheese.
- ☐ Bake 25 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:15.5, Inflammation Score:-7, Nutrition Score:25.317391115686%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 467.34kcal (23.37%), Fat: 16.75g (25.77%), Saturated Fat: 7.73g (48.34%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 41.26g (15%), Sugar: 9.23g (10.25%), Cholesterol: 88.97mg (29.66%), Sodium: 985.03mg

(42.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.37g (66.74%), Selenium: 49.89µg (71.27%), Vitamin K: 67.61µg (64.39%), Vitamin B3: 12.34mg (61.7%), Phosphorus: 510.35mg (51.03%), Vitamin B6: 0.77mg (38.7%), Calcium: 357.65mg (35.77%), Vitamin B1: 0.49mg (32.41%), Vitamin B2: 0.51mg (29.84%), Vitamin B12: 1.3µg (21.71%), Folate: 82.41µg (20.6%), Manganese: 0.4mg (19.94%), Iron: 3.3mg (18.32%), Potassium: 627.08mg (17.92%), Vitamin B5: 1.77mg (17.73%), Vitamin A: 767.92IU (15.36%), Magnesium: 57.92mg (14.48%), Zinc: 2.13mg (14.21%), Fiber: 3.03g (12.12%), Vitamin D: 1.2µg (8.02%), Vitamin C: 6.32mg (7.66%), Copper: 0.12mg (5.84%), Vitamin E: 0.49mg (3.28%)