



## Our Perfect Zesty Chicken Tortilla Bake

 Popular

READY IN



50 min.

SERVINGS



8

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup flour
- 16 6-inch flour tortillas ()
- 0.5 cup parsley fresh chopped
- 3 cups milk
- 0.5 cup miracle whip dressing
- 0.5 cup taco bellâ® & chunky salsa thick
- 8 oz cheddar cheese shredded divided kraft
- 1.5 lb chicken breasts boneless skinless cooked cut into bite-size pieces

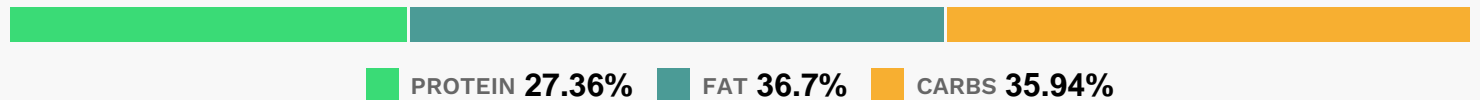
## Equipment

- sauce pan
- oven
- whisk

## Directions

- Heat oven to 375F.
- Whisk dressing and flour in medium saucepan until blended. Gradually stir in milk. Bring to boil on medium heat, stirring constantly; cook and stir 2 to 3 min. or until thickened.
- Add 1 cup cheese; cook 5 min. or until melted, stirring constantly. Reserve 1 cup sauce.
- Stir chicken, salsa and parsley into remaining sauce; spoon 1/3 cup down center 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 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:25.75, Glycemic Load:15.52, Inflammation Score:-7, Nutrition Score:26.093478347944%

## 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

## Nutrients (% of daily need)

Calories: 499.01kcal (24.95%), Fat: 20.13g (30.97%), Saturated Fat: 9.5g (59.35%), Carbohydrates: 44.37g (14.79%), Net Carbohydrates: 41.34g (15.03%), Sugar: 9.03g (10.04%), Cholesterol: 95.19mg (31.73%), Sodium: 994.88mg

(43.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.53%), Selenium: 53.16µg (75.94%), Vitamin K: 67.65µg (64.43%), Vitamin B3: 12.33mg (61.63%), Phosphorus: 541.07mg (54.11%), Calcium: 416.68mg (41.67%), Vitamin B6: 0.78mg (39.16%), Vitamin B2: 0.55mg (32.53%), Vitamin B1: 0.49mg (32.4%), Folate: 86.4µg (21.6%), Manganese: 0.39mg (19.66%), Vitamin B5: 1.85mg (18.51%), Potassium: 627.63mg (17.93%), Iron: 3.22mg (17.89%), Vitamin A: 862.7IU (17.25%), Vitamin B12: 0.96µg (16.08%), Zinc: 2.35mg (15.69%), Magnesium: 59.98mg (14.99%), Fiber: 3.03g (12.12%), Vitamin D: 1.26µg (8.41%), Vitamin C: 6.32mg (7.66%), Copper: 0.12mg (6.15%), Vitamin E: 0.65mg (4.34%)