



Roasted Chicken-And-Corn Wrap

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder divided
- ☐ 1.5 cups rice long-grain cooked
- ☐ 11 ounce vacuum-packed corn with red and green peppers (such as mexicorn), drained canned
- ☐ 10 6-inch corn tortillas ()
- ☐ 1.5 teaspoons garlic-flavored vegetable oil
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 ounces monterrey jack cheese shredded reduced-fat
- ☐ 0.3 teaspoon salt

- ☐ 8 ounce skinned
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 0.3 cup tomatillo green

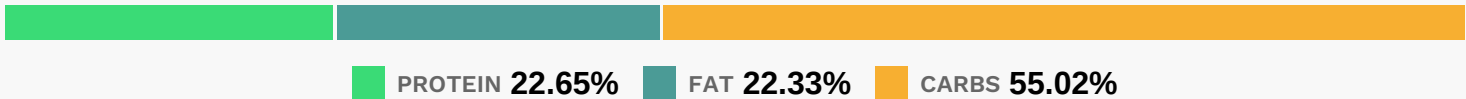
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wax paper

Directions

- ☐ Preheat oven to 40
- ☐ Spread corn over 1 end of a jelly-roll pan.
- ☐ Bake at 400 for 10 minutes.
- ☐ Combine 3/4 teaspoon chili powder, oil, and salt; brush on both sides of chicken breast halves.
- ☐ Place chicken on pan with corn; bake an additional 20 minutes or until chicken is done and corn is lightly charred, stirring corn after 10 minutes.
- ☐ Remove chicken from pan; coarsely chop.
- ☐ Combine sour cream and salsa in a medium bowl; stir well.
- ☐ Add chopped chicken, corn, remaining 1/4 teaspoon chili powder, rice, cheese, and lime juice; stir well.
- ☐ Warm tortillas according to package directions. Spoon about 1/2 cup chicken mixture down the center of each tortilla; roll up. Wrap bottom of rolled sandwiches in wax paper or parchment paper to secure.

Nutrition Facts



Properties

Glycemic Index:39.3, Glycemic Load:24.61, Inflammation Score:-7, Nutrition Score:16.188695772834%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 310.6kcal (15.53%), Fat: 7.77g (11.95%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 43.07g (14.36%), Net Carbohydrates: 38.39g (13.96%), Sugar: 2.88g (3.2%), Cholesterol: 40.5mg (13.5%), Sodium: 372.19mg (16.18%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.73g (35.45%), Vitamin C: 52.02mg (63.06%), Phosphorus: 357.93mg (35.79%), Selenium: 23.78µg (33.98%), Vitamin B6: 0.66mg (32.95%), Vitamin B3: 6.07mg (30.36%), Manganese: 0.49mg (24.25%), Fiber: 4.68g (18.71%), Magnesium: 66.59mg (16.65%), Calcium: 160.95mg (16.1%), Potassium: 453.54mg (12.96%), Zinc: 1.69mg (11.3%), Vitamin A: 562.44IU (11.25%), Vitamin B2: 0.17mg (10.25%), Vitamin B5: 0.98mg (9.81%), Copper: 0.18mg (8.86%), Vitamin B1: 0.13mg (8.83%), Iron: 1.28mg (7.09%), Vitamin K: 6.15µg (5.86%), Vitamin E: 0.84mg (5.62%), Folate: 16.21µg (4.05%), Vitamin B12: 0.23µg (3.85%)