



Salsa Chicken Burrito Filling



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



98 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce tomato sauce canned
- ☐ 1 teaspoon chili powder
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings hot sauce to taste
- ☐ 0.3 cup salsa
- ☐ 2 chicken breast halves boneless skinless
- ☐ 1.3 ounce taco seasoning

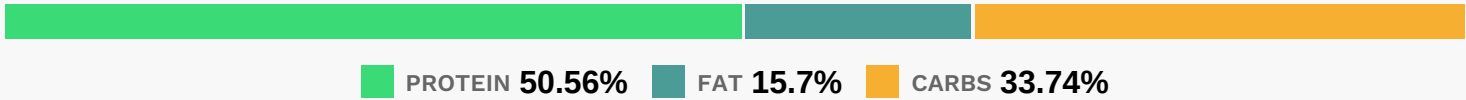
Equipment

☐ sauce pan

Directions

- ☐ Place chicken breasts and tomato sauce in a medium saucepan over medium high heat. Bring to a boil, then add the salsa, seasoning, cumin, garlic and chili powder.
- ☐ Let simmer for 15 minutes.
- ☐ With a fork, start pulling the chicken meat apart into thin strings. Keep cooking pulled chicken meat and sauce, covered, for another 5 to 10 minutes.
- ☐ Add hot sauce to taste and stir together (Note: You may need to add a bit of water if the mixture is cooked too high and gets too thick.)

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:9.2095652611359%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 98.11kcal (4.91%), Fat: 1.77g (2.72%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 5.91g (2.15%), Sugar: 3.35g (3.73%), Cholesterol: 36.16mg (12.05%), Sodium: 1033.22mg (44.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.64%), Vitamin B3: 6.45mg (32.24%), Selenium: 18.74µg (26.77%), Vitamin B6: 0.51mg (25.55%), Vitamin A: 1203.68IU (24.07%), Phosphorus: 137.81mg (13.78%), Fiber: 2.64g (10.57%), Potassium: 360.02mg (10.29%), Vitamin B5: 0.94mg (9.39%), Vitamin C: 7.54mg (9.14%), Iron: 1.59mg (8.84%), Vitamin E: 0.92mg (6.15%), Magnesium: 24.33mg (6.08%), Manganese: 0.11mg (5.37%), Vitamin B2: 0.09mg (5.19%), Vitamin B1: 0.06mg (3.74%), Copper: 0.07mg (3.61%), Zinc: 0.49mg (3.24%), Vitamin K: 2.17µg (2.07%), Calcium: 20.37mg (2.04%), Vitamin B12: 0.11µg (1.88%), Folate: 5.7µg (1.43%)