



Southwestern Chicken Fajita Wraps

READY IN



35 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 oz corn southwestern style undrained canned
- 0.3 cup tomatoes seeded chopped
- 0.5 teaspoon ground pepper red (cayenne)
- 0.3 teaspoon salt
- 2 teaspoons vegetable oil
- 1 lb chicken breast boneless skinless cut into thin strips
- 1.5 teaspoons ground cumin
- 1 medium onion cut into thin wedges
- 1 medium bell pepper green cut into thin strips

- 11 oz flour tortilla for burritos (8 count)
- 4 oz monterrey jack cheese shredded
- 1 serving salsa thick
- 1 serving cream sour

Equipment

- bowl
- frying pan
- toothpicks

Directions

- In medium bowl, stir together corn, tomato, red pepper and salt; set aside.
- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add chicken; sprinkle with cumin.
- Add onion; cook 5 minutes, stirring frequently.
- Add bell pepper; cook 5 to 7 minutes, stirring frequently, until chicken is no longer pink in center and bell pepper is crisp-tender.
- To assemble each wrap, spoon 3/4 cup chicken mixture down center of warm tortilla. Top with 1/4 cup corn mixture; sprinkle with 2 tablespoons cheese. Fold 2 sides of tortilla toward center; secure with toothpick.
- Serve with salsa and sour cream.

Nutrition Facts



PROTEIN 27.84% **FAT 34.39%** **CARBS 37.77%**

Properties

Glycemic Index:21.63, Glycemic Load:6.52, Inflammation Score:-5, Nutrition Score:13.875651937464%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 291.11kcal (14.56%), Fat: 11.02g (16.95%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 25.15g (9.15%), Sugar: 2.85g (3.16%), Cholesterol: 49.79mg (16.6%), Sodium: 602.61mg (26.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.13%), Selenium: 29.08µg (41.55%), Vitamin B3: 8.15mg (40.76%), Phosphorus: 291.4mg (29.14%), Vitamin B6: 0.53mg (26.3%), Vitamin C: 15.38mg (18.65%), Calcium: 177.9mg (17.79%), Vitamin B1: 0.26mg (17.46%), Folate: 58.22µg (14.55%), Manganese: 0.29mg (14.36%), Vitamin B2: 0.24mg (14.29%), Iron: 2.19mg (12.15%), Potassium: 397.46mg (11.36%), Vitamin B5: 0.95mg (9.52%), Magnesium: 37.29mg (9.32%), Fiber: 2.07g (8.28%), Zinc: 1.16mg (7.72%), Vitamin K: 7.3µg (6.95%), Vitamin A: 318.36IU (6.37%), Copper: 0.1mg (4.9%), Vitamin B12: 0.23µg (3.9%), Vitamin E: 0.43mg (2.88%)