



Southwestern Chicken Salad Spirals

READY IN



45 min.

SERVINGS



40

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 40 servings garnish: cilantro fresh
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 8 ounce cream cheese softened
- ☐ 8 6-inch flour tortillas ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup olives ripe chopped
- ☐ 0.5 small onion diced
- ☐ 0.5 teaspoon pepper

- ☐ 0.4 ounce buttermilk dressing mix ranch-style
- ☐ 7 ounce roasted bell peppers red

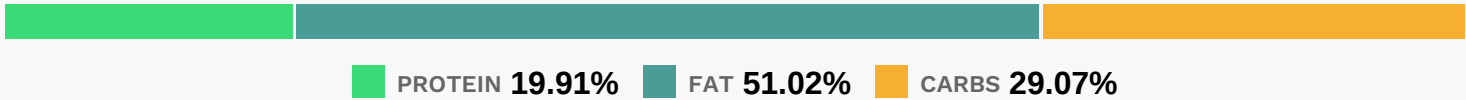
Equipment

- ☐ paper towels

Directions

- ☐ Drain roasted peppers well, pressing between layers of paper towels; chop.
- ☐ Stir together roasted peppers, chicken, and next 7 ingredients. Cover and chill at least 2 hours.
- ☐ Stir pine nuts, if desired, into chicken mixture. Spoon evenly over tortillas, and roll up.
- ☐ Cut each roll into 5 slices, securing with wooden picks, if necessary.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:4.6, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:1.9547825818476%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 53.91kcal (2.7%), Fat: 3.05g (4.69%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.53g (1.28%), Sugar: 0.48g (0.53%), Cholesterol: 10.98mg (3.66%), Sodium: 182.31mg (7.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Selenium: 3.59µg (5.12%), Vitamin B3: 0.87mg (4.37%), Vitamin C: 3.49mg (4.24%), Phosphorus: 33.59mg (3.36%), Vitamin B1: 0.04mg (2.54%), Vitamin B2: 0.04mg (2.54%), Vitamin B6: 0.05mg (2.48%), Vitamin A: 120.4IU (2.41%), Folate: 9.29µg (2.32%), Iron: 0.4mg (2.23%), Manganese: 0.04mg (2.21%), Calcium: 19.11mg (1.91%), Fiber: 0.38g (1.5%), Potassium: 44.45mg (1.27%), Zinc: 0.18mg (1.21%), Vitamin B5: 0.12mg (1.17%), Magnesium: 4.23mg (1.06%)