



Southwestern Rollups

READY IN



45 min.

SERVINGS



8

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 18 ounce chicken breast strips refrigerated chopped southwestern-flavored
- ☐ 0.5 cup chicken broth
- ☐ 11 ounce regular corn yellow with red and green bell peppers, drained canned
- ☐ 6 10-inch flour tortillas ()
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 8 ounces monterrey jack cheese shredded with peppers
- ☐ 8 servings salsa
- ☐ 1 ounce fajita seasoning mix

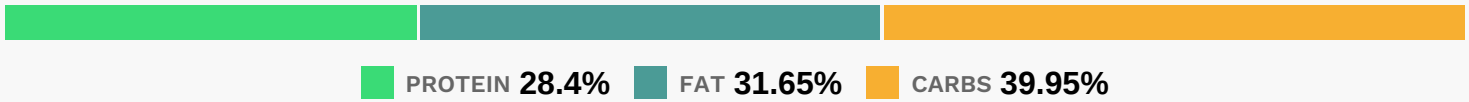
Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Combine spinach and fajita seasoning in a large nonstick skillet; add broth. Cook over medium heat, stirring often, 5 minutes. Stir in chicken and next 3 ingredients; simmer until cheese melts.
- ☐ Spread 1 cup chicken mixture on 1 side of each tortilla, leaving a 1/2-inch border around edges.
- ☐ Roll up tortillas tightly, and wrap in plastic wrap. Chill 30 minutes.
- ☐ Unwrap rollups, and cut into slices.
- ☐ Serve with salsa.
- ☐ Note: For testing purposes only, we used refrigerated Louis Rich Carving Board Southwestern-flavored Chicken Breast Strips.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:8.41, Inflammation Score:-10, Nutrition Score:34.967390931171%

Flavonoids

Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 425.11kcal (21.26%), Fat: 15.1g (23.23%), Saturated Fat: 7.45g (46.56%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 33.62g (12.22%), Sugar: 4.68g (5.2%), Cholesterol: 66.35mg (22.12%), Sodium: 1127.3mg (49.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.99%), Vitamin K: 162.7µg (154.95%), Vitamin A: 4753IU (95.06%), Selenium: 39.55µg (56.5%), Vitamin B3: 10.25mg (51.26%), Phosphorus: 466.61mg (46.66%), Manganese: 0.91mg (45.63%), Vitamin C: 36.18mg (43.85%), Calcium: 425.68mg (42.57%), Vitamin B6: 0.8mg (40.1%), Folate: 154.39µg (38.6%), Fiber: 9.28g (37.11%), Iron: 5.61mg (31.15%), Vitamin B1: 0.46mg (30.64%), Vitamin

B2: 0.51mg (30.24%), Magnesium: 99.38mg (24.85%), Potassium: 809mg (23.11%), Vitamin E: 2.41mg (16.07%),
Copper: 0.31mg (15.26%), Zinc: 2.2mg (14.7%), Vitamin B5: 1.32mg (13.23%), Vitamin B12: 0.37µg (6.1%), Vitamin D:
0.23µg (1.56%)