



Southwestern Sausage-Rice Wraps

READY IN



20 min.

SERVINGS



20

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup chicken broth fat-free reduced-sodium
- 4 6-inch flour tortillas warmed ()
- 1 cup rice white instant uncooked
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.5 cup cheddar cheese shredded kraft
- 6.5 oz oscar mayer natural uncured turkey sausage sliced ()

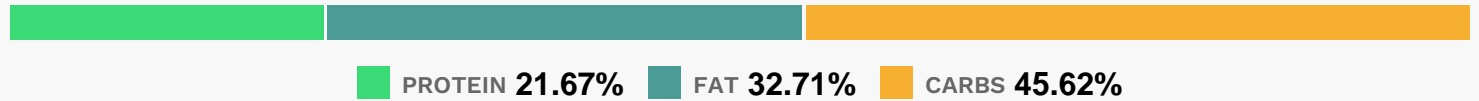
Equipment

- frying pan

Directions

- Cook sausage in large nonstick skillet on medium-high 5 min. or until lightly browned, stirring frequently. Stir in broth and salsa; bring to boil.
- Add rice; stir. Cover; simmer on medium-low heat 3 min. or until heated through, stirring occasionally.
- Sprinkle with cheese.
- Remove from heat.
- Let stand, covered, 5 min.
- Spoon onto tortillas; fold in half.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:0.95, Inflammation Score:-1, Nutrition Score:2.642608658775%

Nutrients (% of daily need)

Calories: 62.73kcal (3.14%), Fat: 2.25g (3.46%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 6.66g (2.42%), Sugar: 0.49g (0.55%), Cholesterol: 9.74mg (3.25%), Sodium: 195.16mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Selenium: 3.98µg (5.69%), Vitamin B3: 1.11mg (5.56%), Vitamin B1: 0.08mg (5.39%), Phosphorus: 49.7mg (4.97%), Folate: 18.86µg (4.72%), Manganese: 0.08mg (4.12%), Iron: 0.64mg (3.56%), Calcium: 33.59mg (3.36%), Zinc: 0.49mg (3.29%), Vitamin B2: 0.06mg (3.29%), Vitamin B6: 0.06mg (3.15%), Vitamin B12: 0.17µg (2.78%), Fiber: 0.41g (1.63%), Vitamin B5: 0.16mg (1.57%), Potassium: 54.3mg (1.55%), Copper: 0.03mg (1.43%), Magnesium: 5.5mg (1.37%), Vitamin A: 66.42IU (1.33%)