



Southwestern Tortilla Wedges

READY IN



25 min.

SERVINGS



16

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup salsa
- 0.5 cup yogurt plain sour
- 0.3 cup bell pepper red chopped
- 0.5 cup roasted chicken cooked finely chopped
- 11 oz flour tortilla for burritos (8 count)
- 0.3 cup guacamole
- 16 oz refried beans traditional canned
- 4 oz monterrey jack cheese shredded

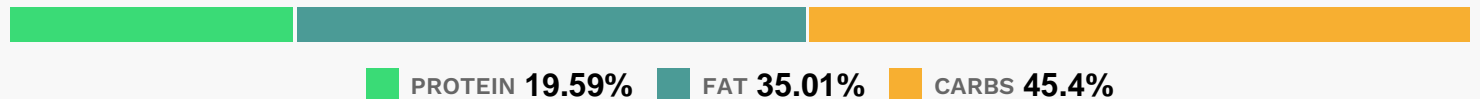
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 350°F. In small bowl, mix salsa and sour cream. Spoon 1/2 of salsa mixture into another small bowl; reserve for topping. To other 1/2 of salsa mixture, stir in 1/2 of the bell pepper and all of the chicken.
- To make 2 stacks, place 2 tortillas on ungreased cookie sheet; spread each with chicken mixture.
- Spread 2 tortillas with guacamole; place on chicken mixture.
- Spread 2 more tortillas with refried beans; place on guacamole. Top each stack with reserved salsa mixture, 1 tortilla, remaining bell pepper and the cheese.
- Bake about 15 minutes or until cheese is melted and filling is hot.
- Cut each stack into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:11.94, Glycemic Load:3.91, Inflammation Score:-3, Nutrition Score:4.7091304569141%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 126.26kcal (6.31%), Fat: 4.84g (7.45%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 11.79g (4.29%), Sugar: 2.26g (2.51%), Cholesterol: 10.58mg (3.53%), Sodium: 409.45mg (17.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.19%), Calcium: 103.38mg (10.34%), Selenium: 6.71µg

(9.59%), Fiber: 2.33g (9.32%), Phosphorus: 92.53mg (9.25%), Vitamin B1: 0.11mg (7.38%), Vitamin B3: 1.4mg (7%), Vitamin B2: 0.11mg (6.44%), Iron: 1.14mg (6.31%), Folate: 24.91µg (6.23%), Manganese: 0.12mg (5.77%), Vitamin C: 3.56mg (4.32%), Vitamin A: 205IU (4.1%), Vitamin B6: 0.07mg (3.43%), Zinc: 0.47mg (3.16%), Potassium: 96.81mg (2.77%), Vitamin K: 2.87µg (2.73%), Magnesium: 10.67mg (2.67%), Vitamin B5: 0.2mg (1.97%), Copper: 0.04mg (1.94%), Vitamin B12: 0.1µg (1.66%), Vitamin E: 0.24mg (1.6%)