



Southwestern Tortilla Wedges (lighter)

READY IN



25 min.

SERVINGS



16

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup salsa
- ☐ 0.5 cup cream plain sour reduced-fat
- ☐ 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 fat free canned
- ☐ 4 ounces monterrey jack cheese shredded reduced-fat

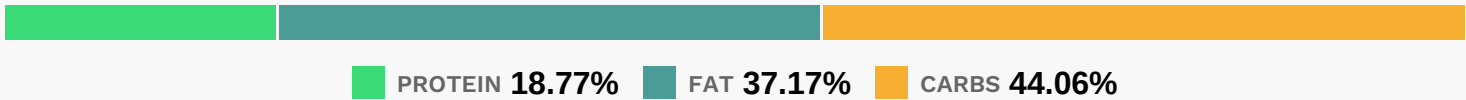
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Mix salsa and sour cream. Reserve half of the salsa mixture.
- ☐ Mix half of the salsa mixture, half of the bell pepper and the chicken.
- ☐ Place 2 tortillas on ungreased cookie sheet and spread with chicken mixture.
- ☐ Spread 2 tortillas with guacamole and place on chicken mixture.
- ☐ Spread 2 more tortillas with refried beans and place on guacamole. Top each stack with remaining salsa mixture, tortilla, bell pepper and 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:10.75, Glycemic Load:3.85, Inflammation Score:-3, Nutrition Score:4.7152173726455%

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: 131.36kcal (6.57%), Fat: 5.35g (8.24%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 11.95g (4.34%), Sugar: 1.92g (2.13%), Cholesterol: 12.1mg (4.03%), Sodium: 411.9mg (17.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Calcium: 104.25mg (10.42%), Selenium: 6.76µg (9.66%), Fiber: 2.33g (9.32%), Phosphorus: 90.36mg (9.04%), Vitamin B1: 0.11mg (7.43%), Vitamin B3: 1.4mg (7%), Iron: 1.14mg

(6.32%), Vitamin B2: 0.11mg (6.31%), Folate: 25.17µg (6.29%), Manganese: 0.12mg (5.76%), Vitamin A: 221IU (4.42%),
Vitamin C: 3.59mg (4.35%), Vitamin B6: 0.07mg (3.38%), Zinc: 0.47mg (3.1%), Potassium: 100.18mg (2.86%),
Vitamin K: 2.89µg (2.75%), Magnesium: 10.47mg (2.62%), Copper: 0.04mg (1.96%), Vitamin E: 0.26mg (1.71%),
Vitamin B12: 0.1µg (1.7%), Vitamin B5: 0.17mg (1.67%)