



Southwestern Wraps

READY IN



45 min.

SERVINGS



8

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4.5 ounce chiles green chopped canned
- ☐ 15 ounce tomato sauce canned
- ☐ 3 cups meat from a rotisserie chicken diced cooked
- ☐ 1 tablespoon chili powder
- ☐ 8 ounces colby-monterey jack cheese shredded
- ☐ 16 ounce egg roll wrappers
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 bell pepper green chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 8 ounce ranch dressing
- ☐ 0.7 cup water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring first 7 ingredients to a boil in a saucepan over medium heat, stirring often. Reduce heat, and simmer 5 minutes.
- ☐ Spread 1/2 cup tomato sauce mixture in bottom of a lightly greased 13- x 9-inch baking dish.
- ☐ Melt butter in a large skillet over medium-high heat; add chopped onion and green bell pepper, and saut until tender.
- ☐ Remove mixture from heat.
- ☐ Stir in chicken, Ranch dressing, and pepper. Spoon about 1/4 cup mixture just below center of each egg roll wrapper. Fold in left and right sides to partially enclose filling; fold up bottom edge, and roll up.
- ☐ Place, seam side down, in baking dish.
- ☐ Pour remaining tomato sauce mixture over rolls.
- ☐ Bake at 350 for 25 minutes.
- ☐ Sprinkle with cheese.
- ☐ Bake 5 more minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:20.273043502932%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 522.39kcal (26.12%), Fat: 27.36g (42.09%), Saturated Fat: 8.85g (55.3%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 38.2g (13.89%), Sugar: 4.42g (4.91%), Cholesterol: 77.08mg (25.69%), Sodium: 1139.71mg (49.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.25g (54.5%), Selenium: 34.73µg (49.62%), Vitamin K: 42.75µg (40.72%), Vitamin B3: 8.07mg (40.34%), Phosphorus: 353.45mg (35.34%), Vitamin B2: 0.48mg (28.51%), Calcium: 278.61mg (27.86%), Manganese: 0.51mg (25.65%), Vitamin B1: 0.37mg (24.47%), Iron: 3.94mg (21.86%), Vitamin C: 16.57mg (20.08%), Vitamin B6: 0.4mg (19.99%), Folate: 76.03µg (19.01%), Vitamin A: 899.55IU (17.99%), Zinc: 2.33mg (15.55%), Vitamin E: 1.96mg (13.1%), Potassium: 451.22mg (12.89%), Fiber: 2.98g (11.92%), Magnesium: 45.45mg (11.36%), Copper: 0.22mg (10.9%), Vitamin B5: 1.03mg (10.32%), Vitamin B12: 0.45µg (7.48%), Vitamin D: 0.2µg (1.32%)