



Tex-Mex Tortilla Pockets

READY IN



35 min.

SERVINGS



35

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 1 eggs beaten
- 6 8-inch flour tortillas ()
- 2 Tbsp cilantro leaves fresh chopped
- 0.5 cup regular corn frozen
- 0.3 tsp ground cumin
- 2 Tbsp oil divided
- 0.8 cup taco bellâ® refried beans canned
- 0.5 cup taco bellâ® & chunky salsa thick

0.5 lb chicken breasts boneless skinless cut into 1/2-inch pieces

Equipment

frying pan

baking sheet

oven

Directions

Heat oven to 400F.

Heat 1 Tbsp. oil in large skillet.

Add chicken; cook and stir 4 min. or until done.

Remove from heat. Stir in cheese, salsa, corn, cilantro and cumin.

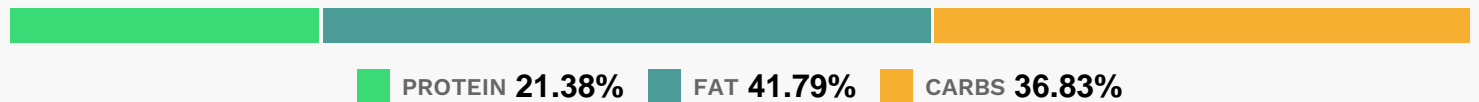
Spread tortillas with beans. Spoon chicken mixture down centers of tortillas. Fold in opposite sides of each tortilla, then fold bottom over filling and once again to make rectangular packet.

Brush top edge with egg; press onto packet to seal.

Place, seam-sides down, on baking sheet; brush with remaining oil.

Bake 20 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:3.91, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:2.455217378295%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 63.07kcal (3.15%), Fat: 2.91g (4.48%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 5.12g (1.86%), Sugar: 0.61g (0.68%), Cholesterol: 12.05mg (4.02%), Sodium: 148.85mg (6.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Selenium: 5.38µg (7.68%), Vitamin B3: 1.15mg (5.74%), Phosphorus: 52.22mg (5.22%), Calcium: 39.6mg (3.96%), Vitamin B1: 0.05mg (3.56%), Vitamin B6: 0.07mg (3.45%), Vitamin B2: 0.05mg (3.2%), Folate: 10.85µg (2.71%), Manganese: 0.05mg (2.67%), Fiber: 0.66g (2.63%),

Iron: 0.46mg (2.54%), Zinc: 0.24mg (1.62%), Potassium: 56.01mg (1.6%), Vitamin E: 0.24mg (1.57%), Vitamin B5: 0.15mg (1.54%), Magnesium: 6mg (1.5%), Vitamin K: 1.52µg (1.45%), Vitamin A: 65IU (1.3%)