



WHATSheATE



HEALTH SCORE

100%

Tortilla-Chicken Stack



Very Healthy

READY IN



55 min.

SERVINGS



3

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.5 cups chicken shredded cooked



2.8 cups pasta sauce



4 oz chilis green drained chopped canned



2.3 ounces olives ripe drained sliced canned



11 oz flour tortilla for burritos (8 count



4 ounces monterrey jack cheese shredded

Equipment

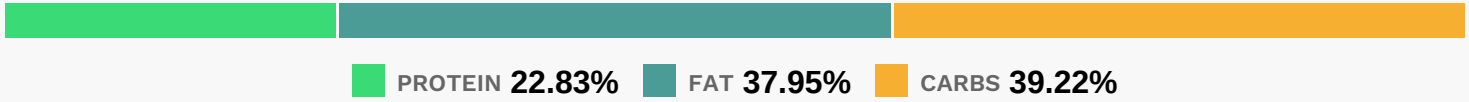


oven

Directions

- ☐ Heat oven to 400°F. Grease pie plate, 10x1 1/2 inches.
- ☐ Mix chicken, spaghetti sauce, chilies and olives.
- ☐ Place 2 tortillas in pie plate. Top with 3/4 cup of the chicken mixture, 1/4 cup of the cheese and 1 tortilla. Repeat twice with 3/4 cup of the chicken mixture, 1/4 cup of the cheese and 1 tortilla. Top with remaining chicken mixture.
- ☐ Cover and bake 30 minutes.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Bake uncovered about 15 minutes or until center is hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:20.14, Inflammation Score:-9, Nutrition Score:31.914348177288%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

Nutrients (% of daily need)

Calories: 668.64kcal (33.43%), Fat: 28.43g (43.74%), Saturated Fat: 12.06g (75.35%), Carbohydrates: 66.09g (22.03%), Net Carbohydrates: 57.74g (21%), Sugar: 12.16g (13.51%), Cholesterol: 86.14mg (28.71%), Sodium: 2590.63mg (112.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.48g (76.96%), Selenium: 47.53µg (67.91%), Vitamin B3: 12.66mg (63.3%), Phosphorus: 582.01mg (58.2%), Calcium: 498.25mg (49.83%), Iron: 7.66mg (42.53%), Vitamin B1: 0.63mg (42.27%), Vitamin B2: 0.7mg (41.31%), Manganese: 0.77mg (38.49%), Folate: 149.28µg (37.32%), Vitamin C: 28.65mg (34.73%), Fiber: 8.35g (33.4%), Vitamin B6: 0.65mg (32.51%), Potassium: 1039.51mg (29.7%), Vitamin A: 1423.01IU (28.46%), Vitamin E: 4.14mg (27.62%), Copper: 0.44mg (22.19%), Zinc: 3.29mg (21.9%), Magnesium: 85.31mg (21.33%), Vitamin B5: 1.66mg (16.61%), Vitamin K: 15.02µg (14.3%), Vitamin B12: 0.52µg (8.61%), Vitamin D: 0.23µg (1.51%)