



HEALTH SCORE

100%

Tortilla-Chicken Stack



Very Healthy

READY IN



55 min.

SERVINGS



1

CALORIES



1835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounces chilis green drained chopped canned
- ☐ 5 8-inch flour tortilla (es in diameter)
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 2.3 ounces olives ripe drained sliced canned
- ☐ 1.5 cups chicken shredded cooked
- ☐ 2.8 cups pasta sauce

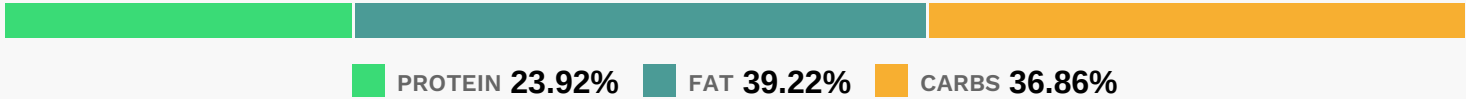
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 400F. 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:106, Glycemic Load:51.55, Inflammation Score:-10, Nutrition Score:76.211304167043%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

Nutrients (% of daily need)

Calories: 1834.96kcal (91.75%), Fat: 80.78g (124.28%), Saturated Fat: 34.51g (215.71%), Carbohydrates: 170.84g (56.94%), Net Carbohydrates: 147.53g (53.65%), Sugar: 34.36g (38.17%), Cholesterol: 258.42mg (86.14%), Sodium: 7409.8mg (322.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 110.87g (221.75%), Selenium: 129.97µg (185.67%), Vitamin B3: 35.55mg (177.77%), Phosphorus: 1630.48mg (163.05%), Calcium: 1416.87mg (141.69%), Iron: 21.09mg (117.17%), Vitamin B2: 1.95mg (114.75%), Vitamin C: 90.79mg (110.05%), Vitamin B1: 1.62mg (107.85%), Manganese: 2.03mg (101.44%), Folate: 402.05µg (100.51%), Vitamin B6: 1.93mg (96.71%), Fiber: 23.3g (93.22%), Potassium: 3063.49mg (87.53%), Vitamin A: 4286.89IU (85.74%), Vitamin E: 12.43mg (82.85%), Zinc: 9.57mg (63.79%), Copper: 1.27mg (63.63%), Magnesium: 244mg (61%), Vitamin B5: 4.9mg (49.01%), Vitamin K: 40.95µg (39%), Vitamin B12: 1.55µg (25.84%), Vitamin D: 0.68µg (4.54%)