



Tortilla Stack-Up

READY IN



9 min.

SERVINGS



8

CALORIES



80 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bologna
- 3 6-inch flour tortillas ()
- 4 singles kraft
- 2 Tbsp taco bellâ® & chunky salsa thick

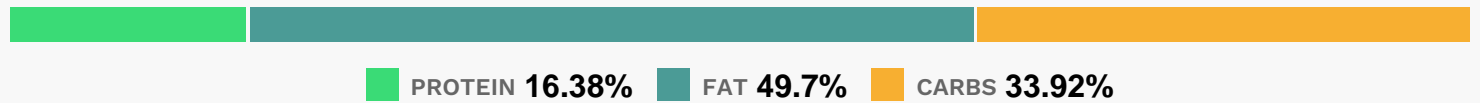
Equipment

- plastic wrap
- microwave

Directions

- Place 1 tortilla on microwaveable plate. Top with 2 slices bologna, 2 Singles and 1 Tbsp. salsa. Repeat layers; cover with remaining tortilla. Cover with plastic wrap; fold back 1 corner to vent.
- Microwave on HIGH 2 to 4 minutes or until heated through, rotating plate after 2 minutes.
- Let stand, covered, 1 minute.
- Cut into 8 wedges to serve.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:1.76, Inflammation Score:-1, Nutrition Score:2.6373913177977%

Nutrients (% of daily need)

Calories: 79.59kcal (3.98%), Fat: 4.36g (6.7%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 6.21g (2.26%), Sugar: 1.24g (1.38%), Cholesterol: 8.48mg (2.83%), Sodium: 253.21mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Selenium: 5.99µg (8.56%), Vitamin B1: 0.09mg (5.9%), Phosphorus: 52.05mg (5.2%), Vitamin B3: 0.9mg (4.5%), Vitamin B12: 0.25µg (4.25%), Vitamin B2: 0.06mg (3.56%), Iron: 0.6mg (3.32%), Calcium: 33.15mg (3.31%), Manganese: 0.06mg (3.16%), Folate: 11.6µg (2.9%), Vitamin B6: 0.06mg (2.81%), Zinc: 0.4mg (2.69%), Potassium: 70.95mg (2.03%), Fiber: 0.48g (1.9%), Magnesium: 5.53mg (1.38%), Copper: 0.02mg (1.1%)