



Anne's Chicken Burritos

READY IN



45 min.

SERVINGS



6

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz black beans drained and rinsed canned
- ☐ 15 oz corn drained canned
- ☐ 6 servings cheddar cheese shredded sour
- ☐ 6 10-inch flour tortilla
- ☐ 16 oz salsa
- ☐ 6 chicken breast boneless skinless

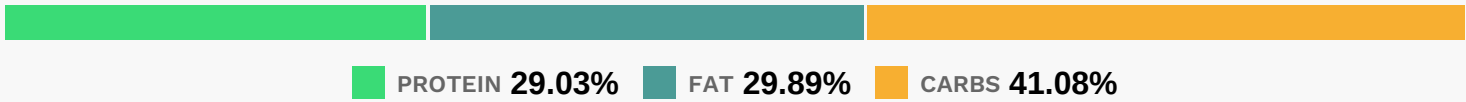
Equipment

- ☐ slow cooker

Directions

- ☐ Place chicken in a slow cooker; top with corn, beans and salsa. Cover and cook on low setting for 8 to 10 hours, or on high setting for 4 to 6 hours. Shred chicken; stir back into slow cooker. To serve, spoon mixture onto tortillas.
- ☐ Add desired garnishes and roll up.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:11.12, Inflammation Score:-8, Nutrition Score:30.237826171129%

Nutrients (% of daily need)

Calories: 608.59kcal (30.43%), Fat: 20.1g (30.92%), Saturated Fat: 8.67g (54.2%), Carbohydrates: 62.15g (20.72%), Net Carbohydrates: 53.13g (19.32%), Sugar: 5.58g (6.2%), Cholesterol: 102.32mg (34.11%), Sodium: 1744.23mg (75.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.91g (87.82%), Selenium: 61.92µg (88.46%), Vitamin B3: 16.76mg (83.82%), Phosphorus: 653.8mg (65.38%), Vitamin B6: 1.08mg (54.15%), Vitamin B1: 0.58mg (38.4%), Calcium: 368.99mg (36.9%), Folate: 146.31µg (36.58%), Fiber: 9.03g (36.11%), Vitamin B2: 0.57mg (33.43%), Manganese: 0.67mg (33.35%), Potassium: 1038.8mg (29.68%), Iron: 4.92mg (27.32%), Magnesium: 98.48mg (24.62%), Vitamin B5: 2.14mg (21.41%), Zinc: 2.89mg (19.24%), Copper: 0.33mg (16.47%), Vitamin A: 700.4IU (14.01%), Vitamin E: 1.36mg (9.08%), Vitamin B12: 0.54µg (9.07%), Vitamin K: 9.16µg (8.72%), Vitamin C: 6.04mg (7.32%), Vitamin D: 0.29µg (1.95%)