



Barbecued" Chicken-and-Black Bean Burritos

READY IN



45 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bottled barbecue sauce
- ☐ 15 ounce black beans drained canned
- ☐ 4 10-inch flour tortillas ()
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.8 pound skinned cut into bite-size pieces

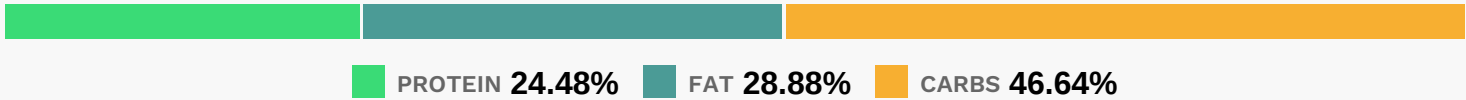
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add chicken, onion, and garlic; cook 8 minutes or until chicken is done, stirring constantly. Stir in barbecue sauce and beans.
- ☐ Sprinkle with cheese; cook 5 minutes or until thoroughly heated. Warm tortillas according to package directions. Spoon about 1/2 cup chicken mixture down center of each tortilla; top each with 1 tablespoon sour cream, and roll up.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:11.64, Inflammation Score:-7, Nutrition Score:25.8999999955426%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 568.57kcal (28.43%), Fat: 18.13g (27.89%), Saturated Fat: 6.78g (42.38%), Carbohydrates: 65.89g (21.96%), Net Carbohydrates: 55.5g (20.18%), Sugar: 11.46g (12.73%), Cholesterol: 73.64mg (24.55%), Sodium: 1373.46mg (59.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.57g (69.14%), Selenium: 49.39µg (70.56%), Vitamin B3: 12.82mg (64.11%), Phosphorus: 526.75mg (52.68%), Fiber: 10.39g (41.55%), Vitamin B6: 0.82mg (40.96%), Vitamin B1: 0.58mg (38.96%), Folate: 142.95µg (35.74%), Manganese: 0.7mg (35.06%), Vitamin B2: 0.51mg (30.06%), Iron: 5.16mg (28.67%), Calcium: 280.72mg (28.07%), Potassium: 864.56mg (24.7%), Magnesium: 85.65mg (21.41%), Copper: 0.34mg (16.93%), Vitamin B5: 1.66mg (16.58%), Zinc: 2.13mg (14.21%), Vitamin K: 8.28µg (7.88%), Vitamin C: 6.35mg (7.69%), Vitamin E: 1.01mg (6.74%), Vitamin B12: 0.38µg (6.35%), Vitamin A: 272.94IU (5.46%), Vitamin D: 0.2µg (1.33%)