



## Black Bean, Avocado, Brown Rice and Chicken Wrap

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 avocado diced pitted
- ☐ 1.3 cups black beans drained and rinsed low-sodium
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup carrots shredded
- ☐ 8 ounces grilled chicken breast sliced
- ☐ 0.3 teaspoon chili flakes
- ☐ 1 teaspoon chili powder

- ☐ 1.3 cups brown rice cooked
- ☐ 0.5 teaspoon cumin
- ☐ 4 servings hot sauce for serving, optional
- ☐ 0.5 cup roma tomato seeded chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 10-inch wraps whole-wheat ()

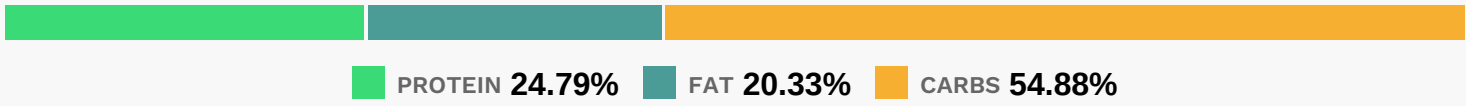
## Equipment

- ☐ bowl

## Directions

- ☐ Combine first 6 ingredients in a small bowl and toss.
- ☐ Place one wrap on a clean work surface. Spoon 1/3 cup rice onto bottom of wrap.
- ☐ Add 1/3 cup bean mixture, 2 ounces chicken, and 1/4 cup shredded carrot, then top with 1 tablespoon avocado and 2 tablespoons tomato.
- ☐ Seal wrap, slice in half, and serve immediately with hot sauce on the side, if desired.

## Nutrition Facts



## Properties

Glycemic Index:61.01, Glycemic Load:11.47, Inflammation Score:-10, Nutrition Score:24.834782636684%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 506kcal (25.3%), Fat: 11.51g (17.71%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 69.95g (23.32%), Net Carbohydrates: 55.92g (20.34%), Sugar: 5.62g (6.25%), Cholesterol: 48.19mg (16.06%), Sodium: 807.92mg (35.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.59g (63.19%), Vitamin A: 5833.63IU (116.67%), Manganese: 1.13mg (56.4%), Fiber: 14.03g (56.12%), Vitamin B3: 9.94mg (49.71%), Vitamin B6: 0.62mg (31.18%), Folate: 121.39µg (30.35%), Phosphorus: 294.28mg (29.43%), Magnesium: 101.63mg (25.41%), Iron: 4.42mg (24.56%), Selenium: 16.62µg (23.74%), Potassium: 712.9mg (20.37%), Vitamin B1: 0.3mg (19.87%), Calcium: 176.59mg (17.66%), Copper: 0.29mg (14.51%), Vitamin B5: 1.41mg (14.11%), Zinc: 1.94mg (12.94%), Vitamin K: 12.89µg (12.27%), Vitamin C: 8.55mg (10.36%), Vitamin B2: 0.17mg (10.01%), Vitamin E: 1.29mg (8.61%), Vitamin B12: 0.19µg (3.21%)