

Buenos Burritos

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound chicken breast tenders
- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 1 cup bell pepper diced sweet red
- ☐ 1 cup refried beans fat-free canned
- ☐ 0.5 cup salsa divided

Equipment

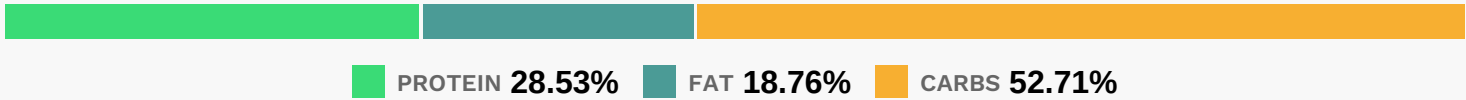
- ☐ bowl
- ☐ frying pan

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add chicken and pepper; saute 3 minutes.
- ☐ Add 1/4 cup salsa; reduce heat to medium-low, and cook, 2 minutes, stirring occasionally.
- ☐ While chicken cooks, combine refried beans and remaining 1/4 cup salsa in a small microwave-safe bowl. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 2 minutes or until thoroughly heated, stirring after 1 minute.
- ☐ Wrap tortillas in heavy-duty plastic wrap. Microwave at HIGH 30 to 45 seconds or until warm.
- ☐ Spread bean mixture evenly down centers of tortillas; top evenly with chicken mixture.
- ☐ Roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:9.98, Inflammation Score:-8, Nutrition Score:17.71521746594%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 280.01kcal (14%), Fat: 5.72g (8.8%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 30.46g (11.08%), Sugar: 6.19g (6.88%), Cholesterol: 36.29mg (12.1%), Sodium: 1000.82mg (43.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.12%), Vitamin C: 48.98mg (59.37%), Vitamin B3: 8.9mg (44.48%), Selenium: 29.85µg (42.64%), Vitamin B6: 0.62mg (31.02%), Vitamin A: 1389.11IU (27.78%), Phosphorus: 244.21mg (24.42%), Fiber: 5.67g (22.69%), Vitamin B1: 0.32mg (21.62%), Folate: 68.64µg (17.16%), Manganese: 0.34mg (16.94%), Iron: 2.9mg (16.1%), Vitamin B2: 0.24mg (14.27%), Potassium: 435.98mg (12.46%), Calcium: 108.8mg (10.88%), Vitamin B5: 1.08mg (10.75%), Magnesium: 35.31mg (8.83%), Vitamin E: 1.09mg (7.29%), Vitamin K: 6.98µg (6.64%), Zinc: 0.76mg (5.05%), Copper: 0.1mg (4.79%), Vitamin B12: 0.11µg (1.89%)