






 **53%**
HEALTH SCORE

Burrito Bowls

 **Gluten Free**  **Popular**

READY IN

45 min.

SERVINGS

2

CALORIES

646 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.5 cup seasoned black beans
- 1 tequila lime grilled chicken breast divided sliced (and)
- 1 handful cilantro leaves chopped ()
- 0.3 cup jack and cheddar cheese shredded ()
- 0.5 cup pico de gallo
- 1 cup cilantro lime rice (warm, I used brown rice)
- 2 tablespoons cup heavy whipping cream sour

Equipment

Directions

Assemble and enjoy.

Nutrition Facts



Properties

Glycemic Index:73.88, Glycemic Load:42.58, Inflammation Score:-8, Nutrition Score:27.902173928593%

Flavonoids

Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 645.82kcal (32.29%), Fat: 12.47g (19.18%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 91.25g (30.42%), Net Carbohydrates: 84.23g (30.63%), Sugar: 5.81g (6.46%), Cholesterol: 92.75mg (30.92%), Sodium: 555.91mg (24.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.41g (82.82%), Manganese: 3.77mg (188.64%), Vitamin B3: 16.15mg (80.74%), Phosphorus: 579.88mg (57.99%), Vitamin B6: 1.05mg (52.41%), Magnesium: 196.42mg (49.11%), Selenium: 26.76µg (38.23%), Vitamin B1: 0.56mg (37.56%), Fiber: 7.03g (28.11%), Zinc: 3.73mg (24.89%), Vitamin B5: 2.43mg (24.34%), Folate: 91.01µg (22.75%), Copper: 0.41mg (20.32%), Iron: 3.65mg (20.29%), Potassium: 664.27mg (18.98%), Calcium: 174.69mg (17.47%), Vitamin B2: 0.24mg (14.28%), Vitamin A: 605.03IU (12.1%), Vitamin B12: 0.43µg (7.25%), Vitamin K: 6.99µg (6.66%), Vitamin C: 3.88mg (4.7%), Vitamin E: 0.36mg (2.43%), Vitamin D: 0.17µg (1.14%)