



Burrito de Pollo (Chicken Burrito)

READY IN



45 min.

SERVINGS



4

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 1 tablespoon butter
- ☐ 15 oz beans red canned
- ☐ 2 cups chicken stock see
- ☐ 0.5 cup cream cheese
- ☐ 4 large flour tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 1 cup salsa
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper
- ☐ 1 scallion finely chopped
- ☐ 3 cups meat from a rotisserie chicken shredded cooked
- ☐ 1 large tomatoes diced
- ☐ 1 teaspoon tomato paste
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup rice long grain white

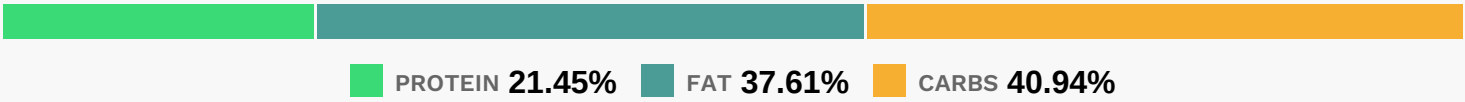
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Heat the oil in a large nonstick skillet over a medium-high heat. Cook the onions, scallion, garlic and peppers until onions are softened, about 5 minutes.
- ☐ Add beans, cumin and cook, about 3 minutes. Season with salt and pepper and set aside.o
make the rice: Rinse the rice thoroughly by placing it into a strainer and running cool water over it.
- ☐ Place the rice in a medium sauce pan, then add the chicken stock, oil, tomato paste and salt.Bring to a boil over high heat. Stir once and cover, reduce to low heat and cook for 20 minutes.
- ☐ Spread each tortilla with cream cheese and salsa then layer with the bean mixture, shredded chicken, rice, diced tomato, cilantro and avocado.
- ☐ Roll up burrito-style and serve with salsa on the side.

Nutrition Facts



Properties

Glycemic Index:126.3, Glycemic Load:34.01, Inflammation Score:-9, Nutrition Score:34.630434824073%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 837.68kcal (41.88%), Fat: 35.18g (54.12%), Saturated Fat: 12.48g (78.02%), Carbohydrates: 86.16g (28.72%), Net Carbohydrates: 73.22g (26.62%), Sugar: 11.19g (12.44%), Cholesterol: 118.53mg (39.51%), Sodium: 1691.05mg (73.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.13g (90.26%), Vitamin B3: 14.85mg (74.26%), Selenium: 46.86µg (66.94%), Manganese: 1.23mg (61.72%), Phosphorus: 560.82mg (56.08%), Fiber: 12.94g (51.76%), Vitamin B6: 1.03mg (51.71%), Vitamin K: 41.81µg (39.81%), Potassium: 1361.1mg (38.89%), Vitamin B2: 0.61mg (36.16%), Vitamin A: 1715.76IU (34.32%), Vitamin C: 27.74mg (33.62%), Vitamin B1: 0.5mg (33.23%), Folate: 132.72µg (33.18%), Copper: 0.6mg (30.18%), Iron: 5.29mg (29.38%), Magnesium: 113.21mg (28.3%), Vitamin B5: 2.77mg (27.71%), Zinc: 3.84mg (25.63%), Vitamin E: 3.06mg (20.39%), Calcium: 170.23mg (17.02%), Vitamin B12: 0.37µg (6.21%)