



Campbell's® Chicken and Bean Burritos

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 ounce premium chicken breast in water chunk drained swanson® canned
- 3 8-inch flour tortillas warmed ()
- 0.1 teaspoon garlic powder
- 11.5 fl. oz. campbell's® condensed bean with bacon soup canned
- 1 medium onion chopped
- 0.8 cup & chunky salsa thick pace®
- 1 tablespoon vegetable oil

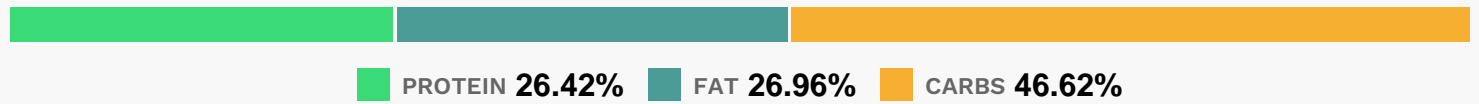
Equipment

frying pan

Directions

- Heat the oil in a 10-inch skillet over medium heat.
- Add the onion and garlic powder and cook until the onion is tender.
- Stir the soup, salsa and chicken in the skillet. Cook until the chicken mixture is hot and bubbling.
- Spoon about 1/3 cup chicken mixture down the center of each tortilla. Fold up the sides of the tortillas around the filling then fold up the ends to enclose the filling.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:7.04, Inflammation Score:-6, Nutrition Score:15.881304292575%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 277.57kcal (13.88%), Fat: 8.31g (12.78%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 25.46g (9.26%), Sugar: 5.97g (6.64%), Cholesterol: 40.82mg (13.61%), Sodium: 679.87mg (29.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.62%), Vitamin B3: 9.09mg (45.46%), Selenium: 30.14µg (43.05%), Vitamin B6: 0.66mg (32.82%), Fiber: 6.86g (27.43%), Vitamin C: 20.9mg (25.33%), Phosphorus: 252.01mg (25.2%), Vitamin B1: 0.28mg (18.69%), Manganese: 0.34mg (17.05%), Potassium: 578.39mg (16.53%), Folate: 55.93µg (13.98%), Iron: 2.4mg (13.35%), Vitamin B2: 0.22mg (12.91%), Vitamin B5: 1.22mg (12.19%), Magnesium: 45.34mg (11.33%), Vitamin K: 11.55µg (11%), Vitamin E: 1.39mg (9.28%), Calcium: 89.29mg (8.93%), Copper: 0.14mg (7.04%), Zinc: 0.86mg (5.71%), Vitamin A: 271.54IU (5.43%), Vitamin B12: 0.13µg (2.13%)