



 **56%**
HEALTH SCORE

Chicken and Bean Burrito Verde

READY IN



35 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 avocado ripe thinly sliced
- 4 servings pepper black freshly ground
- 15 ounce beans white low-sodium rinsed drained canned
- 2 cups meat from a rotisserie chicken shredded skinless cooked (a breast and thigh of a rotisserie chicken)
- 4 9-inch flour tortillas whole wheat (9 in diameter)
- 0.3 cup cilantro leaves fresh
- 2 cloves garlic minced
- 0.5 teaspoon ground cumin

- 1 jalapeño diced finely
- 2 teaspoons juice of lime fresh
- 0.5 cup yogurt low-fat greek-style
- 0.5 cup chicken broth low-sodium
- 4 teaspoons olive oil
- 1 small onion diced
- 2 cups lightly romaine lettuce shredded packed (3 large leaves)
- 0.5 cup tomatillo salsa

Equipment

- food processor
- bowl
- frying pan
- paper towels
- microwave

Directions

- Watch how to make this recipe.
- Heat 2 teaspoons of the oil in a medium skillet.
- Add the onion and cook until translucent, about 3 minutes.
- Add the garlic and cumin and cook for 30 seconds more.
- Add the beans, broth and 1/2 teaspoon of salt and cook until warmed through, about 2 minutes.
- Transfer the bean mixture to the small bowl of a food processor and process until smooth.
- Put the lettuce, cilantro, the remaining 2 teaspoons of oil, lime juice, a pinch of salt and a few turns of pepper in a medium bowl and toss to coat.
- Wrap the tortillas in paper towel and heat in the microwave for 30 seconds.
- To build the burrito, spread 1/3 cup of the bean puree in the center of a warm tortilla.

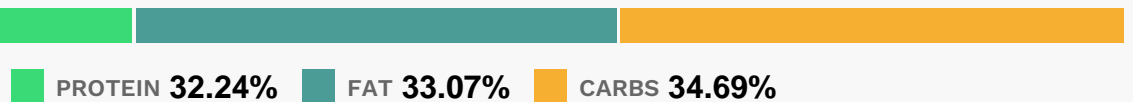
Sprinkle with about 2 teaspoons of jalapeno. Top with 1/2 cup of shredded chicken, then 1/2 cup of the lettuce mixture and 2 slices of avocado. Wrap into a burrito. Repeat with the remaining tortillas.

Serve with the salsa and yogurt alongside.

Excellent source of: Fiber, Niacin, Protein, Thiamin, Vitamin A, Vitamin C, Vitamin K

Good source of: Folate, Iron, Magnesium, Phosphorus, Potassium, Riboflavin, Selenium, Vitamin B6, Zinc

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:6.15, Inflammation Score:-9, Nutrition Score:22.632608786873%

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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 366.67kcal (18.33%), Fat: 13.55g (20.85%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 24.08g (8.76%), Sugar: 4.34g (4.82%), Cholesterol: 53.75mg (17.92%), Sodium: 284.69mg (12.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.73g (59.45%), Vitamin A: 2423.05IU (48.46%), Vitamin K: 39.94µg (38.04%), Manganese: 0.75mg (37.63%), Vitamin B3: 6.76mg (33.8%), Folate: 132.54µg (33.13%), Selenium: 22.56µg (32.22%), Fiber: 7.91g (31.65%), Phosphorus: 308.35mg (30.84%), Potassium: 1000.4mg (28.58%), Iron: 4.8mg (26.68%), Vitamin B6: 0.53mg (26.51%), Magnesium: 88.19mg (22.05%), Copper: 0.39mg (19.45%), Zinc: 2.73mg (18.21%), Vitamin B2: 0.28mg (16.69%), Vitamin E: 2.15mg (14.36%), Vitamin C: 11.57mg (14.02%), Vitamin B5: 1.4mg (14.02%), Calcium: 137.26mg (13.73%), Vitamin B1: 0.21mg (13.69%), Vitamin B12: 0.41µg (6.79%)