



Chicken and Bean Burritos

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup black beans canned rinsed drained
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 0.8 pound chicken breast cut into 1-inch pieces
- ☐ 1.5 teaspoons chili powder
- ☐ 2 10-inch flour tortilla ()
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup cream sour reduced-fat

- ☐ 0.3 cup monterrey jack cheese
- ☐ 0.5 cup onion
- ☐ 0.5 cup pico de gallo
- ☐ 0.1 teaspoon salt

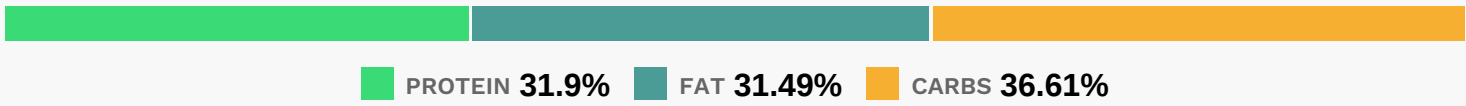
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a bowl; toss well.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add chicken mixture; cook 8 minutes or until chicken is done, stirring occasionally.
- ☐ Add beans and garlic; cook 2 minutes or until heated, stirring frequently. Divide chicken mixture evenly among tortillas. Top each burrito with 2 tablespoons cheese.
- ☐ Roll up each burrito jelly-roll fashion.
- ☐ Heat a large skillet over medium-high heat. Coat both sides of burritos evenly with cooking spray.
- ☐ Place burritos in pan; cook 2 minutes on each side or until browned.
- ☐ Cut burritos in half. Top with pico de gallo and sour cream.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:5.97, Inflammation Score:-6, Nutrition Score:15.966956511788%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg,

Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 312.7kcal (15.63%), Fat: 10.91g (16.79%), Saturated Fat: 4g (24.98%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 25.18g (9.16%), Sugar: 4.94g (5.49%), Cholesterol: 65.75mg (21.92%), Sodium: 778.78mg (33.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.75%), Vitamin B3: 10.7mg (53.48%), Selenium: 37.15µg (53.06%), Vitamin B6: 0.73mg (36.41%), Phosphorus: 326.03mg (32.6%), Vitamin B1: 0.28mg (18.77%), Vitamin B2: 0.27mg (15.8%), Manganese: 0.3mg (15.21%), Calcium: 146.91mg (14.69%), Potassium: 512.99mg (14.66%), Folate: 56.34µg (14.08%), Vitamin B5: 1.36mg (13.6%), Fiber: 3.37g (13.47%), Iron: 2.41mg (13.4%), Magnesium: 45.01mg (11.25%), Vitamin A: 487.22IU (9.74%), Zinc: 1.17mg (7.78%), Copper: 0.13mg (6.29%), Vitamin C: 5.08mg (6.16%), Vitamin E: 0.87mg (5.82%), Vitamin K: 5.37µg (5.11%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.16µg (1.04%)