



Chicken and Black Bean Burritos

READY IN



15 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce no-salt-added black beans rinsed drained canned
- 2 cups chicken-vegetable toss
- 6 8-inch flour tortillas ()
- 1.5 cups iceberg lettuce shredded
- 6 tablespoons salsa
- 0.3 teaspoon salt
- 6 tablespoons sharp cheddar cheese shredded reduced-fat
- 0.3 cup water

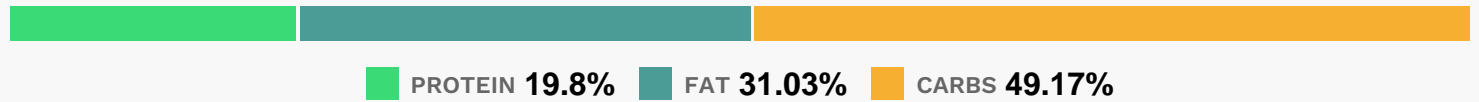
Equipment

frying pan

Directions

- Combine black beans and water in a medium skillet; mash black beans with back of a fork.
- Place pan over medium-high heat; stir in Chicken-Vegetable Toss and salt. Cook 3 minutes, stirring occasionally, or until thoroughly heated.
- Heat tortillas according to package directions.
- Spread about 1/2 cup chicken mixture down center of each tortilla; top each with 1/4 cup shredded lettuce, 1 tablespoon salsa, and 1 tablespoon cheese.
- Roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:11.35, Inflammation Score:-7, Nutrition Score:15.909565114457%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 356.85kcal (17.84%), Fat: 12.34g (18.98%), Saturated Fat: 5.25g (32.83%), Carbohydrates: 43.98g (14.66%), Net Carbohydrates: 35.52g (12.92%), Sugar: 2.91g (3.23%), Cholesterol: 28.56mg (9.52%), Sodium: 690.97mg (30.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.42%), Folate: 163.64µg (40.91%), Fiber: 8.45g (33.82%), Phosphorus: 308.28mg (30.83%), Manganese: 0.61mg (30.62%), Vitamin B1: 0.46mg (30.51%), Selenium: 19.23µg (27.48%), Calcium: 209.71mg (20.97%), Iron: 3.67mg (20.38%), Vitamin B3: 4.05mg (20.25%), Magnesium: 72.26mg (18.06%), Vitamin B2: 0.28mg (16.65%), Zinc: 1.91mg (12.74%), Potassium: 427.75mg (12.22%), Copper: 0.23mg (11.57%), Vitamin B6: 0.19mg (9.42%), Vitamin K: 9.31µg (8.87%), Vitamin A: 347.02IU (6.94%), Vitamin B5: 0.53mg (5.3%), Vitamin B12: 0.22µg (3.58%), Vitamin E: 0.39mg (2.63%), Vitamin C: 1.1mg (1.33%)