



Chicken and Black Bean Burritos

READY IN



30 min.

SERVINGS



8

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7.6 oz old el rice spanish
- 1 tablespoon vegetable oil
- 1 lb chicken breast boneless skinless cut into 1/2-inch pieces
- 1 oz taco seasoning
- 0.7 cup water
- 15 oz black beans rinsed drained canned
- 1 cup bell pepper red chopped
- 0.3 cup spring onion sliced (5 medium)
- 0.5 cup cilantro leaves fresh chopped

- 11 oz flour tortilla for burritos (8 count)
- 6 oz cheddar cheese shredded
- 1 serving guacamole
- 1 serving salsa
- 1 serving cream sour

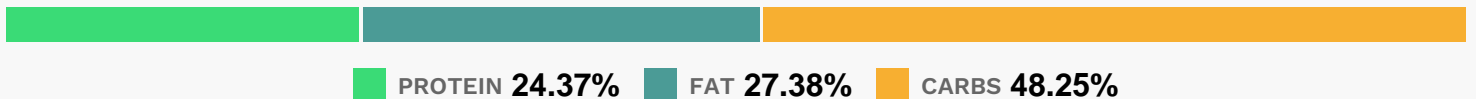
Equipment

- frying pan
- sauce pan

Directions

- In 3-quart saucepan, make rice as directed on package, omitting butter.
- In 10-inch skillet, heat oil over medium-high heat 1 to 2 minutes.
- Add chicken; cook 3 to 4 minutes, stirring occasionally, until no longer pink in center. Stir in taco seasoning mix and water. Cook 3 to 4 minutes, stirring occasionally, until most of liquid is absorbed.
- Stir chicken mixture, beans, bell pepper, onions and cilantro into hot rice mixture. If necessary, cook until hot, stirring occasionally.
- Spoon slightly less than 1 cup chicken mixture down center of each warm tortilla. Top with cheese. Fold bottom of each tortilla 1 inch over filling. Fold in sides, overlapping to enclose filling. Fold top over sides.
- Serve with guacamole, salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:6.38, Inflammation Score:-8, Nutrition Score:23.434347852417%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 438.6kcal (21.93%), Fat: 13.32g (20.49%), Saturated Fat: 5.65g (35.3%), Carbohydrates: 52.82g (17.61%), Net Carbohydrates: 45.68g (16.61%), Sugar: 4.5g (5%), Cholesterol: 57.37mg (19.12%), Sodium: 1292.19mg (56.18%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 26.67g (53.34%), Selenium: 39.78µg (56.82%), Vitamin B3: 10.19mg (50.94%), Phosphorus: 398.57mg (39.86%), Vitamin B1: 0.55mg (36.52%), Vitamin C: 28.71mg (34.79%), Folate: 129.93µg (32.48%), Vitamin B6: 0.62mg (31.14%), Manganese: 0.58mg (28.95%), Fiber: 7.14g (28.56%), Vitamin A: 1338.9IU (26.78%), Vitamin B2: 0.4mg (23.55%), Calcium: 234.49mg (23.45%), Iron: 4.07mg (22.62%), Vitamin K: 20.16µg (19.2%), Potassium: 628.96mg (17.97%), Magnesium: 61.51mg (15.38%), Vitamin B5: 1.27mg (12.74%), Zinc: 1.82mg (12.16%), Copper: 0.23mg (11.48%), Vitamin B12: 0.38µg (6.3%), Vitamin E: 0.93mg (6.21%), Vitamin D: 0.16µg (1.09%)