



## Chicken Burritos

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1041 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 avocado ripe
- 600 grams strips.
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- 1 bunch cilantro leaves (coriander)
- 4 flour tortilla
- 1 juice of lemon
- 1 large onion chopped
- 1 teaspoon pepper to taste

- 2 teaspoons salt to taste
- 4 large tomatoes

## Equipment

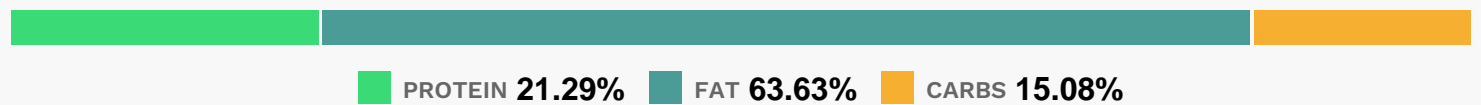
- bowl
- frying pan
- oven
- aluminum foil

## Directions

- Cut the chicken thighs into one inch sized pieces.
- Add about 2 teaspoons of salt and 2 teaspoons of pepper. Or do what I always do for dishes that call for salt and pepper. I use Masterfoods Garlic Pepper. Give it a good sprinkle, about 1 tablespoon of it. Set aside to marinate for a couple of hours. Slice the top of the tomatoes off. Using a small spoon, scoop out the soft insides of the tomatoes. This reduces the moisture in the dish and prevents soginess. Chop the tomatoes up into small bits. Chop the onions into small bits.
- Place the onions and tomatoes in a large bowl. Chop up a bunch of cilantro. Use as much or as little as you like.
- Add the cilantro to the onions-tomatoes mixture. Toss together and set aside.
- Cut a slit round an avocado, against its seed. Holding each side of the cut avocado, twist the avocado open to reveal the seed.
- Remove the seed and scoop out the flesh.
- Place the avocado flesh in a large bowl and mash it up evenly till it becomes creamy.
- Add the tomatoes mixture to the avocados.
- Combine well. Squeeze in juice from one lemon.
- Add a generous portion of salt to taste. About 1 to 2 teaspoons. At this point, you'll have guacamole. If you like, dish it up in a serving bowl and serve it with chips. Now cook the chicken.
- Heat a pan with a few tablespoons of cooking oil till its very hot. It has to be very hot or the chicken wont brown.

- Add the chicken to the pan. Be careful! It'll sizzle and splatter. Turn the pieces over to brown the other side after a few minutes. When the chicken are browned, remove them from the pan and set aside at a warm place. Using a clean, dry pan, toast the tortillas one at a time on each side. They are ready to be used when they are soft and warm.
- Add a serving of the guacamole mixture.
- Add a serving of the chicken. Quickly wrap the burrito up. If it cools, the tortilla will crack and it would be impossible to roll it up.
- Roll over once. Fold in the sides, and roll over again till its fully wrapped.
- Serve immediately or wrap in aluminum foil and keep them in the oven till ready to eat.

## Nutrition Facts



### Properties

Glycemic Index:50.75, Glycemic Load:8.49, Inflammation Score:-9, Nutrition Score:44.581739130435%

### Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg

### Nutrients (% of daily need)

Calories: 1041.13kcal (52.06%), Fat: 74.83g (115.13%), Saturated Fat: 17.6g (109.99%), Carbohydrates: 39.92g (13.31%), Net Carbohydrates: 25.75g (9.36%), Sugar: 8.69g (9.66%), Cholesterol: 294mg (98%), Sodium: 1636.79mg (71.16%), Protein: 56.33g (112.66%), Vitamin B3: 19.04mg (95.2%), Selenium: 63.63µg (90.9%), Vitamin B6: 1.63mg (81.63%), Phosphorus: 671.1mg (67.11%), Vitamin K: 61.66µg (58.73%), Fiber: 14.18g (56.71%), Vitamin C: 46.23mg (56.03%), Vitamin B5: 5.43mg (54.27%), Potassium: 1894.76mg (54.14%), Folate: 196.56µg (49.14%), Vitamin B2: 0.73mg (42.74%), Vitamin A: 2109.05IU (42.18%), Vitamin B1: 0.56mg (37.48%), Manganese: 0.74mg (37.12%), Zinc: 5.27mg (35.13%), Magnesium: 132.94mg (33.24%), Vitamin E: 4.81mg (32.05%), Vitamin B12: 1.92µg (32%), Copper: 0.61mg (30.29%), Iron: 4.6mg (25.55%), Calcium: 117.44mg (11.74%), Vitamin D: 0.3µg (2%)