



Chicken Burritos

READY IN



40 min.

SERVINGS



10

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 10 8-inch flour tortilla for burritos (; from two 11-oz packages)
- 1 box asian - teriyaki rice
- 2 teaspoons juice of lime
- 1 cup salsa thick
- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 10 servings cream sour
- 1 tablespoon vegetable oil
- 1.5 cups water

11 oz corn whole with red and green peppers, drained canned

Equipment

frying pan

Directions

In 10-inch skillet, heat oil over medium heat.

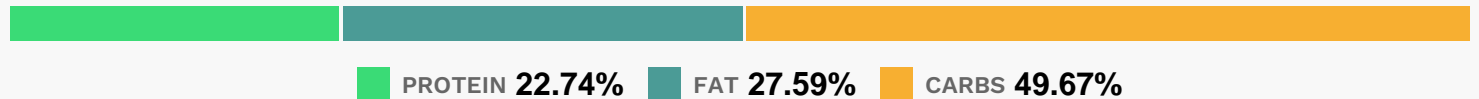
Add chicken; cook 8 to 10 minutes, stirring occasionally, until chicken is no longer pink in center.

Stir in water, lime juice, salsa and contents of sauce mix pouch (from Hamburger Helper box) until blended. Stir in beans, corn and contents of uncooked rice pouch (from Hamburger Helper box); heat to boiling. Reduce heat; cover and simmer 20 to 25 minutes or until rice is tender.

Meanwhile, heat tortillas as directed on package.

Spoon slightly less than 1 cup chicken mixture down center of each warm tortilla. Top with sour cream. Fold bottom of each tortilla 1 inch over filling. Fold sides in, overlapping to enclose filling. Fold top over sides.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:7.96, Inflammation Score:-5, Nutrition Score:14.336956664272%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 313.29kcal (15.66%), Fat: 9.56g (14.71%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 33.53g (12.19%), Sugar: 3.31g (3.68%), Cholesterol: 36.11mg (12.04%), Sodium: 818.64mg (35.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.73g (35.46%), Vitamin B3: 7.8mg (38.99%), Selenium: 27.12µg (38.74%), Phosphorus: 276.61mg (27.66%), Vitamin B1: 0.36mg (24.11%), Vitamin B6: 0.44mg (22.21%), Folate: 86.6µg (21.65%), Fiber: 5.19g (20.77%), Manganese: 0.41mg (20.31%), Iron: 3.01mg (16.75%), Vitamin

B2: 0.27mg (16.09%), Potassium: 482.09mg (13.77%), Magnesium: 46.86mg (11.72%), Calcium: 112.86mg (11.29%),
Copper: 0.18mg (9.08%), Vitamin B5: 0.9mg (9.02%), Vitamin K: 7.54µg (7.18%), Zinc: 0.95mg (6.31%), Vitamin A:
216.57IU (4.33%), Vitamin C: 3.13mg (3.79%), Vitamin E: 0.56mg (3.75%), Vitamin B12: 0.12µg (1.93%)