



Chicken Burritos with Black-Bean Salsa and Pepper Jack

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon chili powder
- 4 9-inch flour tortillas ()
- 0.3 teaspoon ground cumin
- 0.3 teaspoon fresh-ground pepper black
- 1 tablespoon juice of lime
- 0.5 pound pepper jack cheese grated
- 0.5 teaspoon salt
- 2 scallions including tops green chopped

- 1.3 pounds chicken breasts boneless skinless (4)

Equipment

- bowl
- oven
- grill
- aluminum foil
- broiler

Directions

- Light the grill or heat the broiler. In a small glass or stainless-steel bowl, combine the beans, scallions, lemon juice, cumin, and 1/4 teaspoon of the salt.
- Rub the chicken breasts with the chili powder, pepper, and the remaining 1/4 teaspoon salt. Cook the chicken over moderate heat for 5 minutes. Turn and cook until brown and just done, 4 to 5 minutes longer.
- Remove, let the chicken rest for a few minutes, and then slice.
- Heat the oven to 35
- Put one quarter of the cheese in a line near one edge of each tortilla. Top the cheese with one quarter of the black-bean salsa and then with one quarter of the chicken slices.
- Roll up the burritos and wrap each one in foil.
- Bake them until the cheese melts, about 15 minutes.
- Menu Suggestions: Embellish your burritos with sour cream or salsa, if you like. Sliced tomatoes or rice would make good side dishes.
- Do-Ahead Tip: You can assemble the burritos ahead of time and bake them just before serving. If they've been in the refrigerator, add about five minutes to the baking time.
- Wine Recommendation: With the heat from the cheese, stay away from any serious, high-alcohol, low-acid wines. Try a white from a cooler growing area such as a riesling from the Finger Lakes region of New York or any white from the Alto Adige region of Italy. A cold beer is a great alternative.

Nutrition Facts



■ PROTEIN 48.24% ■ FAT 49.85% ■ CARBS 1.91%

Properties

Glycemic Index:32.5, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:21.521304218665%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 390.9kcal (19.55%), Fat: 21.24g (32.68%), Saturated Fat: 11.73g (73.28%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.54g (0.6%), Cholesterol: 147.23mg (49.08%), Sodium: 816.95mg (35.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.25g (92.5%), Selenium: 56.91µg (81.29%), Vitamin B3: 15.93mg (79.63%), Vitamin B6: 1.19mg (59.32%), Phosphorus: 575.26mg (57.53%), Calcium: 439.15mg (43.91%), Vitamin B5: 2.29mg (22.87%), Vitamin B2: 0.38mg (22.49%), Potassium: 633.95mg (18.11%), Zinc: 2.62mg (17.49%), Magnesium: 57.21mg (14.3%), Vitamin K: 14.58µg (13.88%), Vitamin B12: 0.77µg (12.88%), Vitamin A: 582.4IU (11.65%), Vitamin B1: 0.12mg (7.72%), Iron: 1.22mg (6.75%), Folate: 21.48µg (5.37%), Vitamin C: 4.08mg (4.94%), Vitamin E: 0.53mg (3.53%), Copper: 0.07mg (3.51%), Manganese: 0.07mg (3.36%), Vitamin D: 0.49µg (3.28%), Fiber: 0.29g (1.18%)