



Chicken Burritos with Pineapple Salsa

READY IN



150 min.

SERVINGS



4

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 can black beans drained and rinsed
- 3.5 pound meat from a rotisserie chicken
- 1 tablespoon chili powder
- 2 tablespoons cilantro leaves chopped
- 8 flour tortillas for round 2 recipe tortilla pizza and 2 for tortilla soup (reserve 2)
- 1 cup jack cheese shredded
- 1 jalapeno seeded chopped
- 4 servings kosher salt and ground pepper fresh
- 2 tablespoons juice of lime

- 8 ounce pineapple chunks drained chopped canned
- 1 small onion diced red
- 3 scallions chopped
- 1 medium onion yellow peeled

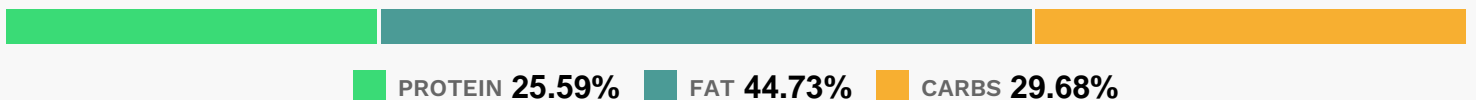
Equipment

- pot
- microwave

Directions

- In a large pot, put the chicken, 1 whole onion, and large pinch of salt and cover with cold water. Bring to a boil then reduce to a simmer and cook until the chicken is cooked through, about 1 hour.
- While the chicken is cooking, make the salsa by mixing together the diced red onion, pineapple chunks, jalapeno, cilantro, chili powder, lime juice, and season with salt and pepper. Cover and refrigerate until ready to serve.
- Remove the chicken and allow it to cool. Strain the cooking liquid and reserve it and the onion for the round 2 recipe, tortilla soup. When the chicken is cool enough to handle, remove the meat, discarding the bones and skin. Save 1 cup of meat for the tortilla soup.
- Wrap the tortilla in a damp towel and microwave for 45 second or until warm and pliable.
- Heat the beans in a small pot over low heat.
- Lay out one tortilla onto a flat surface.
- Place 1/4 of the chicken, into the middle of the burrito. Top with 1/4 cup of cheese, 1/4 of the beans and 2 tablespoons of the salsa. Fold the bottom of the tortilla up over the filling then fold the sides in and roll up from the bottom. Repeat with remaining ingredients and garnish with remaining salsa.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:10.73, Inflammation Score:-9, Nutrition Score:34.735217467598%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.45mg, Quercetin: 12.45mg, Quercetin: 12.45mg

Nutrients (% of daily need)

Calories: 862.73kcal (43.14%), Fat: 42.79g (65.83%), Saturated Fat: 15.52g (97.01%), Carbohydrates: 63.91g (21.3%), Net Carbohydrates: 51.74g (18.81%), Sugar: 13.41g (14.9%), Cholesterol: 168.02mg (56.01%), Sodium: 1383.6mg (60.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.08g (110.16%), Vitamin B3: 16.86mg (84.28%), Selenium: 47.28µg (67.54%), Phosphorus: 675.13mg (67.51%), Fiber: 12.17g (48.67%), Vitamin B6: 0.96mg (47.83%), Vitamin B1: 0.67mg (44.37%), Vitamin B2: 0.69mg (40.71%), Folate: 159.15µg (39.79%), Calcium: 393.01mg (39.3%), Iron: 6.89mg (38.27%), Manganese: 0.71mg (35.44%), Zinc: 4.52mg (30.12%), Vitamin K: 30.56µg (29.1%), Potassium: 1018.18mg (29.09%), Magnesium: 116.08mg (29.02%), Vitamin C: 23.48mg (28.46%), Vitamin A: 1255.36IU (25.11%), Copper: 0.48mg (24.04%), Vitamin B5: 2.2mg (22%), Vitamin B12: 0.83µg (13.75%), Vitamin E: 1.63mg (10.84%), Vitamin D: 0.55µg (3.67%)