



Chipotle Chicken Burritos

READY IN



30 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 burrito-size flour tortillas
- 14 ounce pinto beans drained and rinsed canned
- 1 chipotle chile in adobo sauce chopped
- 1.3 cups rice white warmed cooked
- 0.3 cup cilantro leaves fresh roughly chopped
- 4 servings kosher salt
- 5 ounces monterrey jack cheese shredded
- 0.8 cup pico de gallo fresh
- 1.3 cups romaine lettuce shredded

- 1.5 cups rotisserie chicken cut shredded skinless
- 1 tablespoon vegetable oil

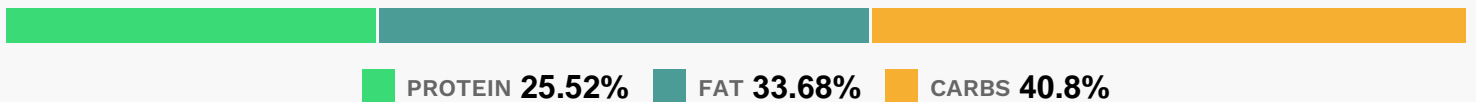
Equipment

- pot

Directions

- Heat the vegetable oil in a medium pot over medium-high heat.
- Add 1/2 cup pico de gallo, the chopped chipotle, and adobo sauce to taste; cook until the mixture starts to sizzle, about 2 minutes.
- Add the beans and 3/4 cup water; bring to a low boil, then stir in the chicken and cook until the mixture is slightly thickened, about 2 minutes. Stir in the cilantro and season with salt.
- Heat the tortillas as the label directs. Arrange the rice horizontally in the lower half of each tortilla, leaving a 1 1/2-inch border on all sides. Top evenly with the cheese, chicken mixture, lettuce and the remaining pico de gallo.
- Fold the bottom edge of each tortilla snugly over the filling, tuck in the sides and roll up tightly.
- Cut the burritos in half and serve with guacamole.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:25.42, Inflammation Score:-9, Nutrition Score:21.415652186974%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 506.72kcal (25.34%), Fat: 19.12g (29.42%), Saturated Fat: 8.77g (54.8%), Carbohydrates: 52.12g (17.37%), Net Carbohydrates: 45.56g (16.57%), Sugar: 6.76g (7.51%), Cholesterol: 78.26mg (26.09%), Sodium: 1373.42mg (59.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.6g (65.2%), Phosphorus: 472.65mg (47.27%), Selenium: 32.97µg (47.09%), Vitamin A: 1913.73IU (38.27%), Manganese: 0.75mg (37.66%), Calcium: 373.37mg

(37.34%), Vitamin B3: 7.14mg (35.69%), Vitamin K: 30.54µg (29.09%), Fiber: 6.56g (26.23%), Folate: 87.67µg (21.92%), Vitamin B2: 0.33mg (19.32%), Iron: 3.42mg (19.01%), Vitamin B1: 0.27mg (18.29%), Magnesium: 71.34mg (17.83%), Vitamin B6: 0.35mg (17.59%), Zinc: 2.56mg (17.03%), Potassium: 557.84mg (15.94%), Copper: 0.27mg (13.58%), Vitamin B5: 1.25mg (12.49%), Vitamin B12: 0.44µg (7.35%), Vitamin E: 1.09mg (7.28%), Vitamin C: 4.01mg (4.87%), Vitamin D: 0.21µg (1.42%)