



Crunchy Chicken Burritos

READY IN



40 min.

SERVINGS



10

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 box crunchy peanut butter
- ☐ 1 cup water
- ☐ 1 cup milk
- ☐ 2 cups rotisserie chicken cut chopped
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup milk

- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 0.5 cup salsa fresh

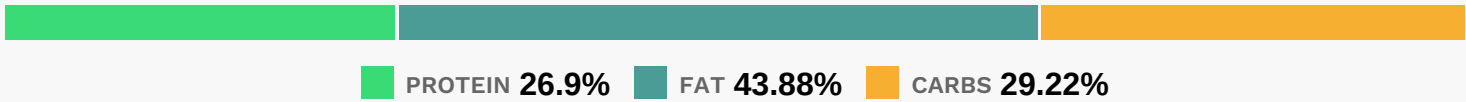
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In 10-inch skillet; heat oil over medium heat until hot. Stir in uncooked rice (from Hamburger Helper box); continue cooking 2 to 3 minutes or until rice starts to brown. Stir in water, 1 cup milk and the sauce mix (from Hamburger Helper box) until blended.
- ☐ Heat to boiling.
- ☐ Reduce heat. Cover and simmer about 20 minutes, stirring frequently, until rice is tender. Stir in chicken, lime juice and cilantro; cover and remove from heat.
- ☐ Let rest 5 minutes.
- ☐ Meanwhile, in small bowl, stir together sour cream, milk and topping mix (from Hamburger Helper box); set aside. Slightly crush corn chips (from Hamburger Helper box); set aside.
- ☐ Heat tortillas as directed on package. Spoon about 1/3 cup chicken mixture down center of each warm tortilla; spoon cheese topping and salsa over filling. Top with crushed corn chips. 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:14.2, Glycemic Load:5.44, Inflammation Score:-2, Nutrition Score:5.7047825481581%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 253.95kcal (12.7%), Fat: 12.43g (19.12%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 17.27g (6.28%), Sugar: 3.68g (4.09%), Cholesterol: 56.11mg (18.7%), Sodium: 496.68mg (21.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.29%), Vitamin B1: 0.18mg (12.19%), Selenium: 8.13µg (11.61%), Phosphorus: 110.78mg (11.08%), Calcium: 102.03mg (10.2%), Vitamin B2: 0.16mg (9.24%), Manganese: 0.17mg (8.7%), Vitamin B3: 1.59mg (7.94%), Vitamin K: 8.33µg (7.93%), Folate: 30.97µg (7.74%), Iron: 1.2mg (6.67%), Fiber: 1.35g (5.39%), Potassium: 140.37mg (4.01%), Vitamin A: 193.65IU (3.87%), Magnesium: 14.52mg (3.63%), Vitamin B6: 0.07mg (3.38%), Vitamin B12: 0.2µg (3.33%), Vitamin E: 0.46mg (3.04%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.24mg (2.43%), Copper: 0.05mg (2.43%), Vitamin D: 0.36µg (2.39%), Vitamin C: 1.27mg (1.54%)