



HEALTH SCORE

81%

Easy Chicken Burritos with Mojo



Very Healthy

READY IN



25 min.

SERVINGS



8

CALORIES



983 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados chopped
- ☐ 1 bay leaf
- ☐ 8 servings cilantro leaves for garnish
- ☐ 1 pound black beans dried picked over rinsed
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 8 large flour tortillas
- ☐ 1 large handful cilantro leaves fresh
- ☐ 2 cloves garlic chopped

- ☐ 2 cloves garlic smashed
- ☐ 4 garlic cloves
- ☐ 1 jalapeno chopped
- ☐ 2 juice of lime
- ☐ 1 juice of orange
- ☐ 1 teaspoon kosher salt
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings lime wedges for garnish
- ☐ 1 cup monterrey jack cheese grated
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 2 cups rice long-grain
- ☐ 3 pound roasted chicken shredded whole
- ☐ 2 serrano chilies seeds removed
- ☐ 8 servings cup heavy whipping cream sour for garnish
- ☐ 1 teaspoon turmeric
- ☐ 4 cups water

Equipment

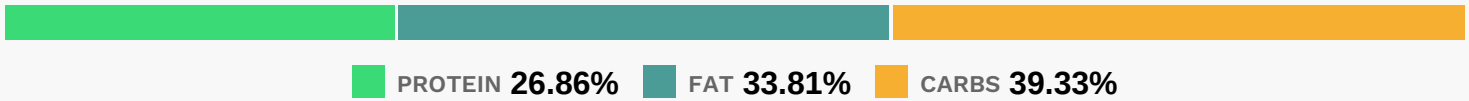
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the garlic, chilies, cilantro, lime juice, orange juice, and olive oil into a blender and process until smooth. Taste and adjust seasoning with salt and pepper.

- ☐ To make the burritos: Warm the tortillas for 30 seconds in a dry skillet or on the grill until pliable.
- ☐ Place some chicken down the center of a tortilla and top with rice and beans, avocado, grated cheese, and Mojo Sauce.
- ☐ Roll up the burrito and serve topped with a generous drizzle of sour cream; garnish with cilantro leaves and a squeeze of lime juice.
- ☐ Put all the ingredients into a heavy bottomed pot, stir well, and bring to a boil over medium-high heat. Reduce the heat to a simmer, cover, and cook over low heat until the rice has absorbed the water, about 15 to 20 minutes.
- ☐ Remove from the heat and let sit, covered, for 5 minutes. Discard the garlic and bay leaf, fluff with a fork, and serve.

Nutrition Facts



Properties

Glycemic Index:62.02, Glycemic Load:28.36, Inflammation Score:-10, Nutrition Score:42.524782245574%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 982.96kcal (49.15%), Fat: 36.83g (56.65%), Saturated Fat: 10.35g (64.66%), Carbohydrates: 96.36g (32.12%), Net Carbohydrates: 81.98g (29.81%), Sugar: 4.71g (5.24%), Cholesterol: 147.22mg (49.07%), Sodium: 744.17mg (32.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.82g (131.65%), Vitamin B3: 17.62mg (88.12%), Selenium: 60.57µg (86.54%), Folate: 343.22µg (85.81%), Phosphorus: 752.39mg (75.24%), Manganese:

1.47mg (73.35%), Vitamin B6: 1.18mg (58.96%), Fiber: 14.38g (57.51%), Vitamin B1: 0.86mg (57.39%), Potassium: 1668mg (47.66%), Magnesium: 176.64mg (44.16%), Copper: 0.86mg (42.77%), Zinc: 6.21mg (41.38%), Iron: 7.05mg (39.17%), Vitamin B2: 0.62mg (36.6%), Vitamin B5: 3.52mg (35.23%), Calcium: 286.81mg (28.68%), Vitamin K: 23.98µg (22.83%), Vitamin C: 16.36mg (19.83%), Vitamin E: 2.56mg (17.07%), Vitamin B12: 0.64µg (10.6%), Vitamin A: 430.65IU (8.61%)