



 **100%**
HEALTH SCORE

Easy Chicken, Rice and Lentil Wraps

 Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



1040 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup water
- 1 cup rice white instant
- 19 oz lentils canned
- 2 cups roasted chicken cubed cooked
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 0.1 teaspoon ground pepper red (cayenne)
- 11 oz flour tortilla for burritos (8 count)

- 4 oz cheddar cheese shredded
- 0.8 cup plum tomatoes chopped (Roma)

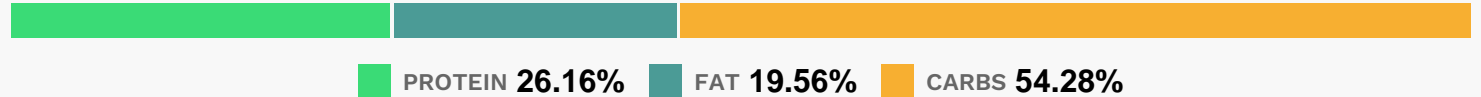
Equipment

- sauce pan

Directions

- In 3-quart saucepan, heat water to boiling. Stir in rice; cover.
- Remove from heat; let stand 5 minutes.
- Stir soup, chicken, cumin, chili powder and red pepper into rice; return to boiling over medium-high heat. Boil about 2 minutes, stirring constantly, until liquid is absorbed.
- Divide chicken mixture evenly among tortillas (about 1/2 cup each).
- Sprinkle with cheese and tomatoes.
- Roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:40.15, Glycemic Load:22.62, Inflammation Score:-10, Nutrition Score:52.562173838201%

Flavonoids

Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 1039.65kcal (51.98%), Fat: 22.42g (34.49%), Saturated Fat: 9.26g (57.9%), Carbohydrates: 140.04g (46.68%), Net Carbohydrates: 95.05g (34.56%), Sugar: 6.95g (7.72%), Cholesterol: 80.85mg (26.95%), Sodium: 835.42mg (36.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.48g (134.97%), Folate: 793.79µg (198.45%), Fiber: 44.98g (179.94%), Manganese: 2.48mg (123.98%), Vitamin B1: 1.84mg (122.63%), Phosphorus: 1072.35mg (107.24%), Selenium: 61.94µg (88.48%), Iron: 15.77mg (87.63%), Vitamin B3: 14.34mg (71.71%), Zinc:

9.39mg (62.59%), Vitamin B6: 1.16mg (57.78%), Magnesium: 214.79mg (53.7%), Potassium: 1696.47mg (48.47%),
Copper: 0.91mg (45.51%), Vitamin B2: 0.75mg (44.31%), Calcium: 414.96mg (41.5%), Vitamin B5: 3.94mg (39.44%),
Vitamin A: 915.41IU (18.31%), Vitamin K: 17.16µg (16.34%), Vitamin C: 12.09mg (14.66%), Vitamin E: 1.35mg (8.98%),
Vitamin B12: 0.5µg (8.39%), Vitamin D: 0.17µg (1.13%)