



El Grande Burritos

READY IN



20 min.

SERVINGS



8

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 oz flour tortilla for burritos (8 tortillas; old el paso®)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons juice of lime
- ☐ 4 oz monterrey jack cheese shredded
- ☐ 8.8 oz asian – teriyaki rice long grain
- ☐ 1 cup refried beans old el paso® (from 16-oz can)
- ☐ 1 cup salsa old el paso® (any variety)
- ☐ 2 cups roasted chicken diced shredded cooked
- ☐ 4 teaspoons taco seasoning old el paso® (from 1-oz package)

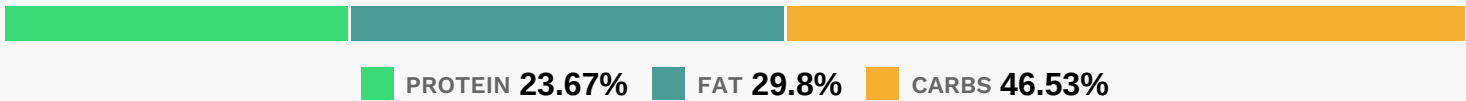
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Microwave rice as directed on pouch. In medium bowl, stir together heated rice, lime juice and cilantro. In medium microwavable bowl, stir together chicken and taco seasoning mix. Microwave uncovered on High 45 to 60 seconds or until hot.
- ☐ Spread about 2 tablespoons refried beans down center of each tortilla. Top each with 3 tablespoons rice, 1/4 cup chicken mixture and 2 tablespoons cheese. Top each with 2 tablespoons salsa. Fold or roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:6.89, Inflammation Score:-6, Nutrition Score:10.806956547758%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 315.44kcal (15.77%), Fat: 10.29g (15.83%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 32.43g (11.79%), Sugar: 4.04g (4.48%), Cholesterol: 38.87mg (12.96%), Sodium: 932.7mg (40.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.4g (36.79%), Selenium: 19.65µg (28.08%), Vitamin B3: 5.26mg (26.3%), Phosphorus: 221.06mg (22.11%), Calcium: 191.09mg (19.11%), Vitamin B1: 0.25mg (16.94%), Fiber: 3.73g (14.9%), Vitamin B2: 0.24mg (14.37%), Vitamin A: 690.53IU (13.81%), Iron: 2.45mg (13.59%), Manganese: 0.24mg (11.87%), Vitamin B6: 0.24mg (11.78%), Folate: 44.43µg (11.11%), Zinc: 1.23mg (8.2%), Potassium: 261.12mg (7.46%), Magnesium: 24.75mg (6.19%), Vitamin B5: 0.5mg (5.02%), Vitamin K: 4.84µg (4.61%), Copper: 0.09mg (4.34%), Vitamin B12: 0.22µg (3.65%), Vitamin E: 0.44mg (2.92%), Vitamin C: 1.34mg (1.63%)