



 **59%**
HEALTH SCORE

Grilled Chicken Burritos

 Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



1191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocados sliced
- 19.8 oz black beans divided rinsed drained canned
- 20 oz tomatoes with green chiles, divided canned
- 3 skinned and boned chicken breasts
- 8 8-inch flour tortillas ()
- 10 oz enchilada sauce green canned
- 8 oz monterrey jack cheese shredded divided
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 8 oz cup heavy whipping cream sour

Equipment

- bowl
- oven
- baking pan
- grill

Directions

- Sprinkle chicken breasts with salt and pepper.
- Coat food rack with cooking spray; place on grill over medium-high heat (350 to 400).
- Place chicken on rack, and grill 10 minutes on each side or until done.
- Shred chicken, and place in a large bowl. Stir in 1 can tomatoes with green chiles, half of black beans, and 1 cup of cheese.
- Spoon chicken mixture evenly down center of each tortilla; roll up tortillas, and place, seam sides down, in a 13- x 9-inch baking dish. Top with enchilada sauce and remaining tomatoes with green chiles, black beans, and cheese.
- Bake at 350 for 30 minutes.
- Remove from oven, and let stand 10 minutes. Top each serving with avocado slices and sour cream.

Nutrition Facts



PROTEIN 24.39% **FAT 41.98%** **CARBS 33.63%**

Properties

Glycemic Index:42.75, Glycemic Load:19.68, Inflammation Score:-9, Nutrition Score:56.470869499704%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 1191.3kcal (59.57%), Fat: 56.3g (86.61%), Saturated Fat: 22.8g (142.5%), Carbohydrates: 101.47g (33.82%), Net Carbohydrates: 77.58g (28.21%), Sugar: 17.63g (19.59%), Cholesterol: 192.39mg (64.13%), Sodium: 2941.95mg (127.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.6g (147.19%), Vitamin B3: 26.64mg (133.21%), Selenium: 90.38µg (129.12%), Phosphorus: 1109.9mg (110.99%), Vitamin B6: 1.95mg (97.3%), Fiber: 23.89g (95.57%), Folate: 301.51µg (75.38%), Calcium: 747.62mg (74.76%), Vitamin B2: 1.15mg (67.42%), Vitamin B1: 1.01mg (67.41%), Manganese: 1.29mg (64.34%), Potassium: 2207.04mg (63.06%), Iron: 10.27mg (57.07%), Vitamin B5: 4.94mg (49.42%), Magnesium: 194.2mg (48.55%), Copper: 0.9mg (45.06%), Vitamin C: 30.83mg (37.37%), Vitamin K: 38.77µg (36.93%), Vitamin A: 1770.6IU (35.41%), Zinc: 5.2mg (34.64%), Vitamin E: 4.54mg (30.26%), Vitamin B12: 0.93µg (15.48%), Vitamin D: 0.51µg (3.4%)