



Healthified Chicken and Black Bean Burritos

READY IN



25 min.

SERVINGS



8

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained progresso® canned
- 2 teaspoons chili powder
- 2 cups chicken shredded cooked
- 0.3 cup cilantro leaves fresh chopped
- 8 servings quick-cooking brown rice instant
- 1 tablespoon juice of lime
- 1 cup salsa organic muir glen®
- 0.1 teaspoon salt
- 1 cup sharp cheddar cheese shredded reduced-fat

- 8 servings water for on rice box
- 8 8-inch tortillas whole wheat low-fat ()

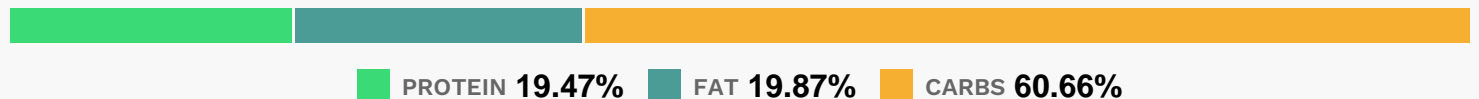
Equipment

- bowl
- microwave

Directions

- Cook rice as directed on package for two servings, using 1/8 teaspoon salt, but omitting butter if called for.
- Meanwhile, in medium microwavable bowl, mix chicken, black beans, 1 cup salsa and chili powder. Microwave on High 2 minutes or until hot, stirring after 1 minute.
- Place cooked rice in large bowl; stir in cilantro and lime juice until well blended.
- Heat tortillas as directed on package. Spoon about 1/2 cup chicken mixture down center of each tortilla. Top with about 1/4 cup rice mixture and 2 tablespoons cheese. Fold sides of tortilla toward center; fold ends over.
- Serve with additional salsa, if desired.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:18.383043416168%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 481.47kcal (24.07%), Fat: 10.55g (16.23%), Saturated Fat: 4.37g (27.3%), Carbohydrates: 72.47g (24.16%), Net Carbohydrates: 64.41g (23.42%), Sugar: 3.16g (3.51%), Cholesterol: 40.38mg (13.46%), Sodium: 846.38mg (36.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.27g (46.53%), Selenium: 32.3µg (46.14%), Folate: 176.58µg (44.14%), Vitamin B1: 0.58mg (38.44%), Vitamin B3: 7.03mg (35.14%), Manganese: 0.67mg (33.58%), Fiber:

8.06g (32.25%), Iron: 5.8mg (32.22%), Phosphorus: 260.7mg (26.07%), Calcium: 223.24mg (22.32%), Vitamin B6: 0.31mg (15.63%), Zinc: 2.17mg (14.44%), Copper: 0.28mg (14.04%), Vitamin B2: 0.21mg (12.22%), Magnesium: 45.03mg (11.26%), Potassium: 366.65mg (10.48%), Vitamin A: 496.94IU (9.94%), Vitamin B5: 0.79mg (7.88%), Vitamin E: 0.73mg (4.87%), Vitamin B12: 0.25µg (4.19%), Vitamin K: 3.84µg (3.66%), Vitamin C: 2.75mg (3.34%)