



Jerk Chicken Burritos

READY IN



25 min.

SERVINGS



8

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 15 ounce black beans rinsed drained canned
- 0.8 cup spiced caribbean jerk 30-minute marinade divided flavored (such as KC Masterpiece)
- 8 8-inch flour tortillas low-fat ()
- 3 garlic cloves minced
- 5 tablespoons juice of lime fresh divided
- 2 ounces monterrey jack cheese shredded
- 0.5 cup bottled chunky salsa
- 24 ounce chicken breast halves boneless skinless

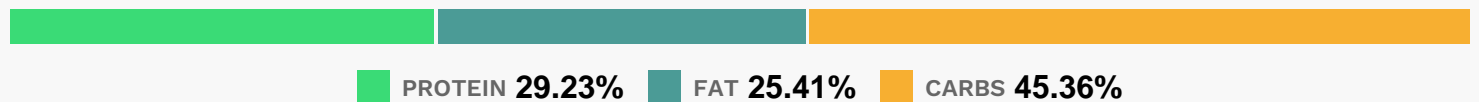
Equipment

- bowl
- grill

Directions

- Combine 1/2 cup marinade, 1/4 cup lime juice, pepper, and garlic in a large zip-top freezer bag.
- Add chicken to bag; seal. Marinate in refrigerator 30 minutes to 1 hour, turning occasionally.
- Prepare grill.
- Remove chicken from marinade, discarding marinade. Coat chicken with cooking spray, and place on grill rack; grill 3 to 4 minutes on each side or until done.
- Shred chicken with 2 forks, and place in a bowl.
- Combine remaining 1/4 cup marinade and remaining 1 tablespoon lime juice; add to shredded chicken, tossing to coat.
- Spoon 1/3 cup chicken mixture evenly down center of each tortilla; top each evenly with black beans, cheese, and salsa. Fold in ends, and roll up tortillas.
- Place on a serving plate, seam sides down.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:8.08, Inflammation Score:-10, Nutrition Score:34.211304535037%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 399.26kcal (19.96%), Fat: 11.79g (18.14%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 47.37g (15.79%), Net Carbohydrates: 33.82g (12.3%), Sugar: 4.31g (4.79%), Cholesterol: 60.74mg (20.25%), Sodium: 1191.4mg (51.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.03%), Vitamin A: 6741.68IU (134.83%), Vitamin B3: 14.24mg (71.19%), Selenium: 45.15µg (64.5%), Vitamin B6: 1.21mg (60.63%), Vitamin E: 8.86mg (59.07%), Fiber: 13.54g (54.16%), Phosphorus: 447.41mg (44.74%), Manganese: 0.81mg (40.66%), Iron: 7.17mg (39.81%), Vitamin B2: 0.54mg (31.57%), Vitamin B1: 0.45mg (30.15%), Potassium: 1038.64mg (29.68%), Vitamin K: 28.32µg (26.98%), Folate: 92.88µg (23.22%), Calcium: 231.56mg (23.16%), Magnesium: 90.47mg (22.62%), Copper: 0.42mg (20.97%), Vitamin B5: 1.66mg (16.57%), Zinc: 2.27mg (15.14%), Vitamin C: 6.08mg (7.37%), Vitamin B12: 0.23µg (3.82%)