



 **21%**
HEALTH SCORE

Mexican Chicken Lettuce Wraps

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups chicken breast cubed
- 1 tablespoon juice of lime
- 0.5 teaspoon ground cumin
- 0.5 teaspoon chili powder
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon garlic powder
- 3 tablespoons olive oil
- 15 ounces black beans rinsed drained canned

- 1 medium tomatoes seeded finely chopped
- 0.3 cup onion finely chopped
- 0.3 cup bell pepper sweet red finely chopped
- 1 medium avocado ripe peeled finely chopped
- 12 boston lettuce leaves

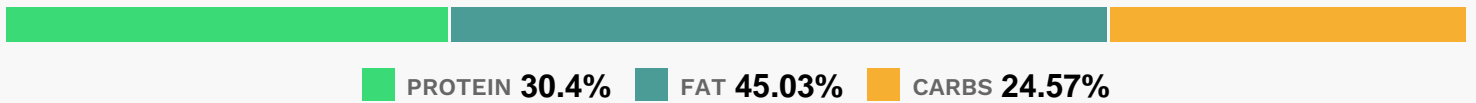
Equipment

- bowl
- frying pan

Directions

- Marinate chicken with lime, cumin, chile powder, seasoned salt, garlic powder and olive oil for 30 minutes.
- Cook chicken in a skillet over medium heat.
- In a separate bowl add beans, red pepper, tomato, and onion.
- Add to chicken to the bowl and stir ingredients together. Adjust seasoning if needed.
- When ready to serve cut avocado into thin slices.
- Fill each lettuce cup with mixture and top with avocado slice.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:19.874347826087%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Taste

Sweetness: 18.02%, Saltiness: 100%, Sourness: 22.33%, Bitterness: 18.25%, Savoriness: 69.2%, Fattiness: 81.92%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 279.48kcal (13.97%), Fat: 14.27g (21.95%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 9.46g (3.44%), Sugar: 1.65g (1.83%), Cholesterol: 48mg (16%), Sodium: 561.61mg (24.42%), Protein: 21.67g (43.34%), Vitamin B3: 9.17mg (45.87%), Vitamin K: 44.24µg (42.13%), Vitamin B6: 0.76mg (38.06%), Selenium: 25.35µg (36.21%), Fiber: 8.05g (32.21%), Vitamin A: 1485.91IU (29.72%), Phosphorus: 272.03mg (27.2%), Folate: 102.84µg (25.71%), Vitamin C: 19.29mg (23.38%), Potassium: 811.84mg (23.2%), Vitamin B5: 1.76mg (17.61%), Manganese: 0.33mg (16.36%), Magnesium: 62.75mg (15.69%), Vitamin E: 2.18mg (14.56%), Vitamin B2: 0.24mg (13.87%), Iron: 2.47mg (13.7%), Vitamin B1: 0.2mg (13.56%), Copper: 0.25mg (12.26%), Zinc: 1.18mg (7.83%), Calcium: 49.83mg (4.98%), Vitamin B12: 0.15µg (2.5%)