



Shortcut Baked Chicken Burrito Bowls

READY IN



45 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz sriracha old el paso®
- 6.7 oz flour tortilla soft old el paso® stuff® (8 count)
- 16 oz refried beans with green chiles old el paso® canned
- 2 cups rotisserie chicken cut shredded
- 4 oz cheddar cheese shredded

Equipment

- bowl
- baking sheet

baking paper

oven

Directions

Heat oven to 400°F. Line cookie sheet with cooking parchment paper or silicone baking mat.

Place tortillas on cookie sheet.

Spread beans in bottom of each tortilla; sprinkle with half of the cheese. Divide chicken among tortillas; top with sauce, then with remaining cheese.

Bake 15 to 20 minutes or until cheese is melted, tortillas are golden brown around edges, and beans begin to bubble around edges. Top bowls with desired garnishes, and serve.

Nutrition Facts

PROTEIN 32.83% **FAT 33.27%** **CARBS 33.9%**

Properties

Glycemic Index:18.25, Glycemic Load:10.34, Inflammation Score:-3, Nutrition Score:9.8091306129228%

Nutrients (% of daily need)

Calories: 606.21kcal (30.31%), Fat: 21.54g (33.14%), Saturated Fat: 8.77g (54.83%), Carbohydrates: 49.36g (16.45%), Net Carbohydrates: 40.64g (14.78%), Sugar: 14.8g (16.44%), Cholesterol: 140.49mg (46.83%), Sodium: 4369.72mg (189.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.82g (95.63%), Fiber: 8.72g (34.88%), Calcium: 293.57mg (29.36%), Phosphorus: 221.99mg (22.2%), Selenium: 14.84µg (21.2%), Vitamin B1: 0.25mg (16.36%), Iron: 2.91mg (16.18%), Vitamin B2: 0.22mg (13.18%), Folate: 48.32µg (12.08%), Manganese: 0.24mg (12.04%), Vitamin B3: 2.13mg (10.66%), Zinc: 1.11mg (7.37%), Vitamin B12: 0.35µg (5.81%), Vitamin A: 280.94IU (5.62%), Magnesium: 17.53mg (4.38%), Vitamin K: 4.13µg (3.93%), Copper: 0.06mg (2.82%), Potassium: 83.45mg (2.38%), Vitamin B6: 0.05mg (2.27%), Vitamin B5: 0.15mg (1.48%)