



Skillet-Grilled Burritos

READY IN



28 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 2 cups chicken breast strips/pre-cooked/chopped cooked chopped
- 11 oz bell pepper yellow with red and green bell peppers, drained canned
- 8 8-inch flour tortilla whole wheat warmed soft ()
- 8 servings jalapeno pepper sauce
- 4 oz cheddar cheese shredded 2% reduced-fat
- 8 servings salsa

Equipment

frying pan

spatula

Directions

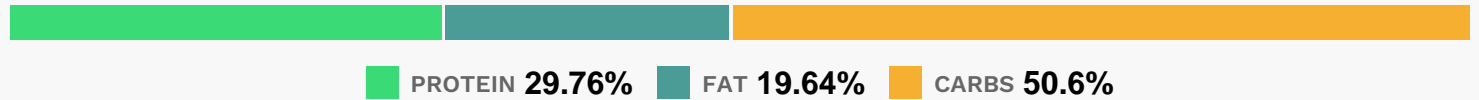
Toss together first 4 ingredients and 1/2 cup Creamy Cilantro–Jalapeo Sauce.

Spread 3/4 cup chicken mixture just below center of each tortilla. Fold opposite sides of tortillas over filling, and roll up. Coat burritos with cooking spray.

Coat a hot griddle or nonstick skillet with cooking spray. Cook burritos, in batches, on hot griddle over medium heat, pressing gently with a spatula, 3 to 4 minutes on each side or until golden brown and cheese is melted.

Serve with salsa and remaining Creamy Cilantro–Jalapeo Sauce.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:8.07, Inflammation Score:-6, Nutrition Score:17.207391338504%

Flavonoids

Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 303.79kcal (15.19%), Fat: 6.6g (10.15%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 31.54g (11.47%), Sugar: 4.12g (4.58%), Cholesterol: 32.73mg (10.91%), Sodium: 905.86mg (39.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.49g (44.98%), Vitamin C: 33.46mg (40.56%), Vitamin B3: 7.94mg (39.68%), Selenium: 24.07µg (34.38%), Phosphorus: 328.92mg (32.89%), Fiber: 6.69g (26.77%), Vitamin B1: 0.39mg (26.04%), Manganese: 0.47mg (23.32%), Folate: 88.51µg (22.13%), Vitamin B6: 0.42mg (20.97%), Iron: 3.55mg (19.73%), Vitamin B2: 0.3mg (17.65%), Calcium: 170.01mg (17%), Potassium: 477.34mg (13.64%), Magnesium: 50.95mg (12.74%), Copper: 0.22mg (11.09%), Zinc: 1.28mg (8.53%), Vitamin K: 8.09µg (7.71%), Vitamin A: 336.81IU (6.74%), Vitamin B5: 0.65mg (6.48%), Vitamin E: 0.64mg (4.25%), Vitamin B12: 0.19µg (3.14%)