



Skinny Chicken and Black Bean Burritos

READY IN



25 min.

SERVINGS



8

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained 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
- 8 servings salsa
- 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 ()

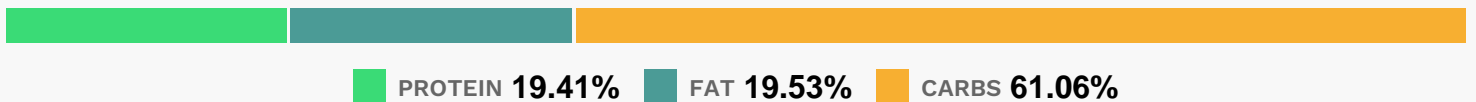
Equipment

- 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:-8, Nutrition Score:19.548260836498%

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: 490.75kcal (24.54%), Fat: 10.61g (16.32%), Saturated Fat: 4.38g (27.35%), Carbohydrates: 74.63g (24.88%), Net Carbohydrates: 65.99g (24%), Sugar: 4.38g (4.86%), Cholesterol: 40.38mg (13.46%), Sodium:

1056.3mg (45.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.45%), Selenium: 32.59µg (46.55%), Folate: 177.86µg (44.46%), Vitamin B1: 0.59mg (39.19%), Vitamin B3: 7.39mg (36.93%), Manganese: 0.71mg (35.38%), Fiber: 8.64g (34.55%), Iron: 5.93mg (32.97%), Phosphorus: 270.94mg (27.09%), Calcium: 232.2mg (23.22%), Vitamin B6: 0.37mg (18.45%), Copper: 0.3mg (15.08%), Zinc: 2.23mg (14.87%), Vitamin A: 650.54IU (13.01%), Potassium: 449.21mg (12.83%), Vitamin B2: 0.22mg (12.82%), Magnesium: 49.83mg (12.46%), Vitamin B5: 0.85mg (8.52%), Vitamin E: 1.12mg (7.47%), Vitamin K: 5.19µg (4.94%), Vitamin B12: 0.25µg (4.19%), Vitamin C: 3.36mg (4.07%)