



HEALTH SCORE

66%

Slow Cooked Chicken and Bean Burritos



Dairy Free



Very Healthy

READY IN



370 min.

SERVINGS



12

CALORIES



2024 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 10.8 ounce campbell's® condensed cheddar cheese soup canned
- ☐ 2 tablespoons chili powder
- ☐ 96 10-inch flour tortillas warmed
- ☐ 1 teaspoon garlic powder
- ☐ 12 servings lettuce chopped
- ☐ 16 chicken thighs boneless skinless cut into 1-inch pieces

☐ 12 servings tomatoes chopped

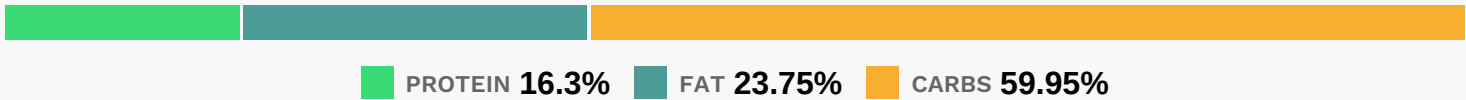
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Stir the soup, garlic powder, chili powder and chicken in a 3 1/2- to 4-quart slow cooker.
- ☐ Cover and cook on LOW for 6 to 7 hours or until the chicken is cooked through.
- ☐ Mash the beans with a fork in a medium bowl and stir into the chicken mixture. Spoon about 1/2 cup of the chicken mixture down the center of each tortilla. Top with the lettuce and tomato. Fold the tortillas around the filling.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:91.43, Inflammation Score:-10, Nutrition Score:64.090434779292%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 2024.22kcal (101.21%), Fat: 52.94g (81.44%), Saturated Fat: 18.48g (115.51%), Carbohydrates: 300.63g (100.21%), Net Carbohydrates: 273.04g (99.29%), Sugar: 28.14g (31.26%), Cholesterol: 144.15mg (48.05%), Sodium: 4659.74mg (202.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.72g (163.44%), Selenium: 159.81µg (228.3%), Vitamin B1: 3.13mg (208.53%), Vitamin B3: 34.82mg (174.08%), Manganese: 3.33mg (166.37%), Phosphorus: 1572.26mg (157.23%), Folate: 615.85µg (153.96%), Iron: 23.82mg (132.35%), Vitamin B2: 1.96mg (115.49%), Fiber: 27.59g (110.37%), Calcium: 906.96mg (90.7%), Vitamin K: 82.51µg (78.58%), Vitamin B6: 1.26mg (63%), Potassium: 1971.95mg (56.34%), Magnesium: 210.16mg (52.54%), Vitamin A: 2481.44IU (49.63%), Copper: 0.94mg (46.77%), Zinc: 6.15mg (41.01%), Vitamin C: 28.37mg (34.39%), Vitamin B5: 3.09mg (30.95%), Vitamin B12:

0.96µg (16.07%), Vitamin E: 2.12mg (14.1%)