



## Slow-Cooker Easy Burritos

READY IN



500 min.

SERVINGS



12

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz black beans rinsed drained canned
- 2.5 lb chicken thighs boneless skinless
- 2 cloves garlic minced
- 2 tablespoons chipotles in adobo chopped (from 7- to 11-oz can)
- 1 teaspoon ground cumin
- 1 cup salsa thick
- 12 10-inch flour tortilla ()
- 1 cup cream sour
- 6 oz colby cheese shredded

- 0.5 cup olives ripe sliced
- 0.5 cup cilantro leaves fresh chopped

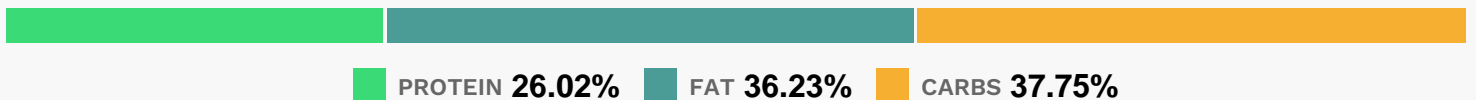
## Equipment

- oven
- toothpicks
- potato masher
- aluminum foil
- slow cooker

## Directions

- In 3- to 4-quart slow cooker, layer beans, chicken thighs, garlic, chiles, cumin and salsa.
- Cover; cook on Low setting 7 to 8 hours.
- About 15 minutes before serving, heat oven to 350°F. Wrap tortillas in foil; heat in oven about 15 minutes or until warm. Meanwhile, place all topping ingredients in individual serving dishes.
- Remove chicken from slow cooker; place on large plate. With fork or potato masher, mash beans slightly to thicken sauce. Shred chicken with 2 forks; return to slow cooker and mix with bean mixture to moisten.
- Have guests place warm tortilla on serving plate. Spoon about 1/2 cup chicken mixture onto tortilla; top with desired toppings. Fold sides of tortilla over filling; secure with toothpick.

## Nutrition Facts



## Properties

Glycemic Index:8.42, Glycemic Load:10.98, Inflammation Score:-6, Nutrition Score:20.573912903019%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 470.33kcal (23.52%), Fat: 18.79g (28.91%), Saturated Fat: 7.96g (49.78%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 38.29g (13.92%), Sugar: 4.36g (4.85%), Cholesterol: 114.55mg (38.18%), Sodium: 1057.52mg (45.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.36g (60.73%), Selenium: 40.52µg (57.89%), Phosphorus: 447.6mg (44.76%), Vitamin B3: 8.9mg (44.48%), Vitamin B1: 0.5mg (33.6%), Vitamin B2: 0.5mg (29.53%), Vitamin B6: 0.55mg (27.41%), Calcium: 251.46mg (25.15%), Iron: 4.4mg (24.45%), Manganese: 0.49mg (24.43%), Folate: 96.38µg (24.09%), Fiber: 5.77g (23.07%), Zinc: 2.56mg (17.07%), Potassium: 536.85mg (15.34%), Magnesium: 59.92mg (14.98%), Vitamin B5: 1.46mg (14.6%), Vitamin B12: 0.76µg (12.71%), Copper: 0.23mg (11.42%), Vitamin K: 11.52µg (10.97%), Vitamin A: 457.78IU (9.16%), Vitamin E: 0.78mg (5.23%), Vitamin C: 1.89mg (2.29%)