



Slow-Cooker Mexican Chicken Burritos

READY IN



210 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 26.5 oz canned tomatoes diced chopped
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 1 serving salt and pepper to taste
- ☐ 15 oz black beans rinsed drained canned

- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 tablespoons cilantro leaves fresh coarsely chopped

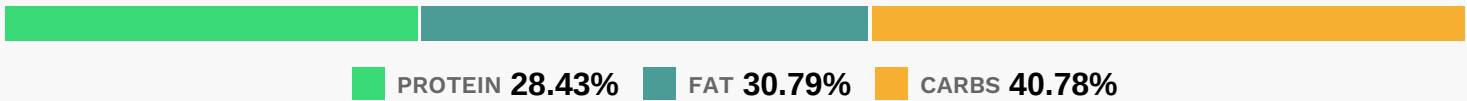
Equipment

- ☐ toothpicks
- ☐ slow cooker

Directions

- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray. In slow cooker, mix onion, bell pepper, jalapeño, garlic and oil. Cover; cook on High heat setting 5 minutes.
- ☐ Stir in tomatoes.
- ☐ Place chicken on tomato mixture; sprinkle with salt and pepper.
- ☐ Cover; cook on High heat setting 3 to 4 hours. Stir in black beans. Cover; cook 10 minutes longer or until thoroughly heated.
- ☐ Remove chicken from slow cooker to plate; shred with 2 forks. Return chicken to slow cooker.
- ☐ To serve, spoon chicken mixture onto center of each warmed tortilla; top with cheese and cilantro. Fold bottom third of tortilla over filling; fold sides in toward center, leaving top open. Secure with toothpicks, if necessary.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:17.46, Inflammation Score:-9, Nutrition Score:46.322173973788%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 746.64kcal (37.33%), Fat: 25.77g (39.64%), Saturated Fat: 9.13g (57.07%), Carbohydrates: 76.79g (25.6%), Net Carbohydrates: 61.71g (22.44%), Sugar: 14.61g (16.23%), Cholesterol: 117.65mg (39.22%), Sodium: 1617.85mg (70.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.55g (107.09%), Vitamin B3: 21.61mg (108.06%), Selenium: 70.07µg (100.1%), Vitamin C: 67.74mg (82.11%), Vitamin B6: 1.64mg (82.1%), Phosphorus: 781mg (78.1%), Fiber: 15.08g (60.32%), Manganese: 1.13mg (56.5%), Vitamin B1: 0.82mg (54.62%), Folate: 194.23µg (48.56%), Potassium: 1662.33mg (47.5%), Iron: 8.24mg (45.79%), Calcium: 424.58mg (42.46%), Vitamin B2: 0.72mg (42.24%), Magnesium: 144.49mg (36.12%), Copper: 0.7mg (35.15%), Vitamin A: 1613.75IU (32.27%), Vitamin B5: 3.1mg (31.04%), Vitamin K: 31.66µg (30.16%), Vitamin E: 3.85mg (25.65%), Zinc: 3.34mg (22.29%), Vitamin B12: 0.63µg (10.54%), Vitamin D: 0.28µg (1.89%)