



## Speedy Chicken & Black Bean Burritos

READY IN



33 min.

SERVINGS



6

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 ginger tea bags reynolds®
- 1 tablespoon flour
- 2 teaspoons crema mexicana
- 1 lbs chicken tenderloins cut into 1-inch strips
- 15 oz black beans rinsed drained canned
- 10 oz tomatoes diced with lime juice and cilantro canned
- 0.5 cup rice long grain
- 1.3 cups chicken broth
- 6 10-inch flour tortilla ()

- 1 serving lettuce shredded
- 1 serving cheddar cheese shredded
- 1 serving guacamole
- 1 serving cream sour
- 1 serving salsa
- 1 serving lime wedges

## Equipment

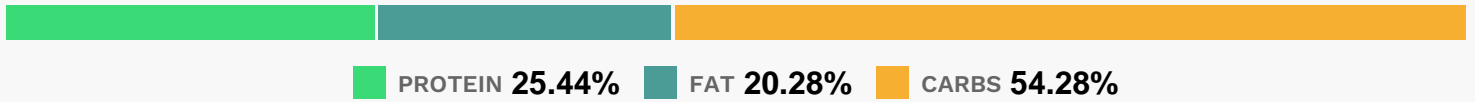
- bowl
- frying pan
- oven
- kitchen thermometer
- microwave
- measuring cup

## Directions

- Preheat oven to 400°F.
- Place Reynolds® Oven Bag in 13x9x2-inch pan.
- Add flour and Mexican seasoning to bag; squeeze bag to blend seasonings.
- Add chicken, black beans, tomatoes, and rice to oven bag. Gently squeeze bag to blend ingredients. Arrange ingredients in even layer. Fold down bag opening two times to hold bag open.
- Microwave chicken broth in microwave-safe bowl or measuring cup for about 2 minutes until it is very hot. Carefully pour broth over other ingredients in bag. Carefully unfold bag opening.
- Close bag with nylon tie.
- Cut six 1/2-inch slits in top. Tuck ends of bag in pan.
- Bake 30 to 35 minutes or until chicken reads 170°F on a meat thermometer and rice is done.
- Let stand 5 minutes. Carefully cut bag open.
- Spoon chicken and rice mixture onto heated tortillas.

Add toppers, if desired. Turn tortilla ends in and roll around filling to eat.

## Nutrition Facts



### Properties

Glycemic Index:50.2, Glycemic Load:19.16, Inflammation Score:-6, Nutrition Score:23.395652063515%

### Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

### Nutrients (% of daily need)

Calories: 467.93kcal (23.4%), Fat: 10.44g (16.06%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 62.85g (20.95%), Net Carbohydrates: 54.52g (19.82%), Sugar: 4.59g (5.1%), Cholesterol: 56.43mg (18.81%), Sodium: 1201.74mg (52.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.45g (58.91%), Selenium: 45.27µg (64.67%), Vitamin B3: 12.27mg (61.34%), Phosphorus: 438.73mg (43.87%), Manganese: 0.78mg (39.15%), Vitamin B1: 0.56mg (37.45%), Vitamin B6: 0.75mg (37.26%), Fiber: 8.34g (33.35%), Folate: 125.19µg (31.3%), Iron: 4.94mg (27.42%), Vitamin B2: 0.46mg (26.92%), Potassium: 744.22mg (21.26%), Calcium: 196.17mg (19.62%), Magnesium: 73.12mg (18.28%), Vitamin B5: 1.6mg (15.99%), Copper: 0.31mg (15.73%), Zinc: 1.69mg (11.29%), Vitamin K: 10.57µg (10.06%), Vitamin C: 7.81mg (9.47%), Vitamin A: 252.23IU (5.04%), Vitamin E: 0.64mg (4.29%), Vitamin B12: 0.22µg (3.64%)