



## Stand 'N Stuff™ Burrito Boats

READY IN



40 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 flour tortilla soft
- 1 cup guacamole
- 1 cup lettuce shredded
- 1 cup rice white uncooked
- 1 lb chicken breast boneless skinless cut into 1-inch cubes
- 1 cup cream sour
- 1 oz taco seasoning
- 1 tablespoon vegetable oil
- 1.8 cups water

# Equipment

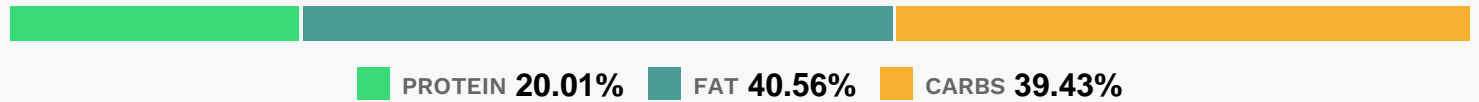
frying pan

# Directions

In 10-inch skillet, heat oil over medium heat. Cook chicken in oil 2 to 3 minutes or until chicken is just starting to brown. Stir in rice, taco seasoning mix and water. Cover; reduce heat to medium-low. Cook about 15 minutes or until liquid is absorbed, rice is tender and chicken is no longer pink in center.

Meanwhile, heat tortillas as directed on package. Divide chicken mixture among tortillas. Top with Toppings.

# Nutrition Facts



# Properties

Glycemic Index:41.8, Glycemic Load:27.5, Inflammation Score:-8, Nutrition Score:26.406086994254%

# Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

# Nutrients (% of daily need)

Calories: 649.64kcal (32.48%), Fat: 29.41g (45.24%), Saturated Fat: 9.26g (57.89%), Carbohydrates: 64.31g (21.44%), Net Carbohydrates: 56.93g (20.7%), Sugar: 5.23g (5.81%), Cholesterol: 106.5mg (35.5%), Sodium: 955.64mg (41.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.65g (65.29%), Vitamin B3: 15.06mg (75.28%), Selenium: 52.36µg (74.8%), Vitamin B6: 1.13mg (56.73%), Phosphorus: 432.92mg (43.29%), Manganese: 0.79mg (39.3%), Vitamin B5: 3.21mg (32.12%), Fiber: 7.39g (29.55%), Potassium: 910.64mg (26.02%), Vitamin K: 27.01µg (25.72%), Vitamin A: 1238.72IU (24.77%), Folate: 95.73µg (23.93%), Vitamin B2: 0.4mg (23.71%), Vitamin B1: 0.32mg (21.1%), Magnesium: 73.82mg (18.45%), Copper: 0.31mg (15.69%), Iron: 2.82mg (15.64%), Vitamin C: 11.82mg (14.33%), Vitamin E: 2.09mg (13.93%), Calcium: 134.34mg (13.43%), Zinc: 1.95mg (12.99%), Vitamin B12: 0.35µg (5.79%)