



Takeout Burritos

READY IN



30 min.

SERVINGS



8

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz black beans
- 11 oz flour tortilla for burritos (
- 0.3 cup cilantro leaves fresh chopped
- 1 juice of lime
- 0.5 cup crema mexicana sour
- 1 cup pico de gallo
- 0.5 cup rice white uncooked
- 1 cup the of 1 cos lettuce shredded
- 2 cups rotisserie chicken cut shredded (from 2-lb chicken)

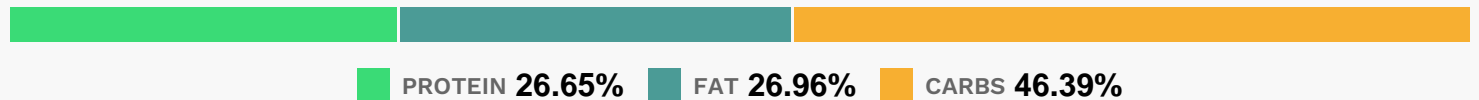
Equipment

- paper towels
- aluminum foil
- microwave

Directions

- Cook rice as directed on package. Stir in lime juice, cilantro and chicken, fluffing with fork. Meanwhile, heat beans as directed on package.
- Wrap tortillas between two paper towels. Microwave on High 30 seconds.
- Place 1 tortilla on work surface.
- Place 1/4 cup chicken mixture on middle of tortilla. Top with beans, salsa and lettuce.
- Add sour cream on top.
- Fold edge of tortilla closest to you toward middle of mixture, repeat with edge farthest away. Starting with right side, begin to fold tortilla up slowly, ensuring that folded sides remain intact. Continue until burrito is completely enclosed.
- Cut in half before serving, wrapping in foil if desired.

Nutrition Facts



Properties

Glycemic Index:19.65, Glycemic Load:12.93, Inflammation Score:-6, Nutrition Score:9.1065216608669%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 349.26kcal (17.46%), Fat: 10.51g (16.16%), Saturated Fat: 2.48g (15.53%), Carbohydrates: 40.67g (13.56%), Net Carbohydrates: 36.54g (13.29%), Sugar: 4.73g (5.25%), Cholesterol: 64.6mg (21.53%), Sodium: 754.09mg (32.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.72%), Manganese: 0.46mg (22.84%),

Folate: 88.59µg (22.15%), Vitamin B1: 0.28mg (18.6%), Fiber: 4.14g (16.55%), Selenium: 10.81µg (15.45%), Vitamin A: 759.68IU (15.19%), Phosphorus: 135.89mg (13.59%), Iron: 2.17mg (12.08%), Vitamin K: 10.93µg (10.41%), Vitamin B3: 2.08mg (10.41%), Calcium: 94.31mg (9.43%), Magnesium: 32.61mg (8.15%), Vitamin B2: 0.14mg (8.11%), Copper: 0.13mg (6.53%), Potassium: 185.04mg (5.29%), Zinc: 0.67mg (4.47%), Vitamin C: 3.15mg (3.82%), Vitamin B6: 0.07mg (3.41%), Vitamin B5: 0.27mg (2.67%)