



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Wet Classic Blackened Chicken Burrito with Green Sauce ♦

This recipe is a delicious and flavorful twist on a classic blackened chicken burrito. The chicken is seasoned with a blend of spices and cooked until blackened and tender. It is then wrapped in a warm tortilla with a tangy green sauce and other fresh ingredients for a satisfying and tasty meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	boneless chicken breasts
2 tsp	blackening seasoning
4 pieces	flour tortillas

1 c	green sauce
1 c	lettuce
1 c	Tomatoes
0.5 cup	onion
2 tbsp	Cilantro
1 pieces	Lime
0.5 tsp	Salt
0.5 tsp	Pepper
2 tbsp	Oil

Directions

Step 1

Season the chicken breasts with the blackening seasoning, salt, and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

Heat oil in a skillet over medium-high heat. Cook the chicken breasts for 5-7 minutes per side until blackened and cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Cutting

Remove the chicken from the skillet and let it rest for a few minutes. Slice the chicken into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Heating

Warm the flour tortillas in a dry skillet or microwave.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Spread a spoonful of green sauce onto each tortilla. Top with sliced chicken, lettuce, tomatoes, onion, cilantro, and a squeeze of lime juice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Fold the tortillas into burritos and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Mexican

Italian

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Fat

Diet

Anti-Inflammatory Diet

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

Visit our website: healthdor.com