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Chicken Mondo Burrito

The Chicken Mondo Burrito is a delicious and filling Mexican-inspired dish. It is made with grilled chicken, rice, beans, cheese, and a variety of other flavorful ingredients. The burrito is wrapped in a large tortilla and can be enjoyed as a meal on its own or with a side of salsa and guacamole. This recipe is perfect for lunch or dinner and is sure to satisfy your cravings for Mexican cuisine.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	grilled chicken
200 g	Rice
150 g	beans
100 g	cheese

150 g	tortilla
50 g	salsa
50 g	guacamole
50 g	lettuce
50 g	Tomato
25 g	onion
10 g	Cilantro
15 ml	lime juice
5 g	salt
5 g	pepper

Directions

Step 1

Boiling

Cook the rice according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Grilling

Grill the chicken until cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Heat the beans in a saucepan over medium heat.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Microwaving

Warm the tortillas in a dry skillet or microwave.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Assembly

Assemble the burritos by placing rice, beans, grilled chicken, cheese, lettuce, tomato, onion, cilantro, salsa, and guacamole on each tortilla.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Assembly

Fold the tortillas tightly to form burritos.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Chicken Mondo Burritos with extra salsa and guacamole on the side.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
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	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Mexican

Italian

Kitchen Tools

Slow Cooker

Blender

Grill

Nutritional Content

Low Calorie

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Supper

Dinner

Course

Side Dishes

Snacks

Salads

Sauces & Dressings

Drinks

Cultural

Chinese New Year

Cinco de Mayo

Events

Barbecue

Difficulty Level

Medium

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