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BBQ Ranch Chicken Burrito Bowl

This BBQ Ranch Chicken Burrito Bowl is a delicious and satisfying meal. It features grilled chicken marinated in BBQ sauce, combined with rice, black beans, corn, avocado, and a creamy ranch dressing. It's a perfect dish for lunch or dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 800 grams

Number of Servings: 4

Serving Size: 200 g

Ingredients

500 g	chicken breast
100 g	bbq sauce
400 g	cooked rice
200 g	Black Beans
150 g	corn

200 g Avocado

100 g ranch dressing

Directions

Step 1

Marinating

Marinate the chicken breast in BBQ sauce for 1 hour.

Prep Time: 60 mins

Cook Time: 15 mins

Step 2

Grilling

Grill the chicken breast until cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Cutting

Slice the grilled chicken into strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Assemble the burrito bowl by layering cooked rice, black beans, corn, avocado, and sliced chicken.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Drizzle ranch dressing on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 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	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	20 mg	22.22%	26.67%
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	800 mg	34.78%	34.78%
Calcium	100 mg	10%	10%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Grill

Nutritional Content

Low Calorie

Cuisines

Italian

Mexican

Diet

Anti-Inflammatory Diet

Course

Drinks

Salads

Snacks

Sauces & Dressings

Events

Barbecue

Game Day

Cooking Method

Steaming

Cut

Plating

Serving

Cooking

None

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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