

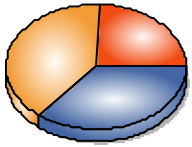


Black Bean Spirals

By: Created by DrJez LLC

Recipe grams: 1016.23g/35.8oz

Serves 1 1016.23g/35.8oz per serving



Protein: 20%
Carbohydrates: 57%
Fat: 24%

INGREDIENTS

1 cup BLACK BEAN, BOILED, NO ADDED SALT
 1/2 cup SOUR CREAM, NONFAT
 2 tbsp GREEN CHILES, CHOPPED
 1/8 cup CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)
 2 tsp CHILI POWDER
 1 tbsp GARLIC, RAW
 1 tsp HOT PEPPER SAUCE, ORIGINAL
 1/2 cup CHICKEN BREAST, BONELESS, ROASTED, MEAT/SKIN
 2 tbsp MAYONNAISE, CANOLA, LIGHT, EGGLESS
 1/2 cup SALSA, VICTORIA
 4 tortillas TORTILLA, CORN, LOWFAT
 2 cups LETTUCE, COS OR ROMAINE, RAW
 2 plum-tomatos TOMATO, RED, RIPE, RAW
 1/2 cup ONION, RAW
 2 tbsp PECAN, DRIED, RAW

DIRECTIONS

Rinse and drain black beans and put 1/2 of them in a food processor to blend. Add in dressing, sour cream, drained chilies, cilantro, chili, garlic and pepper sauce and pulse several times to make a chunky paste. Spread and cover each tortilla then roll tightly. Put in covered container for a couple of hours then slice in bite size pieces.

Serve over romaine, tomatoes, and onions. Top with salsa.

Nutrition Facts

Serving Size: 1 serving (1016.2g)
Servings: 1

Amount Per Serving		
Calories	1040	Calories from Fat 240
		% Daily Value*
Total Fat	27g	40%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	60mg	20%
Sodium	1000mg	40%
Total Carbohydrate	143g	50%
Dietary Fiber	27g	110%
Sugars	20g	
Protein	50g	
Vitamin A	190%	• Vitamin C 110%
Calcium	40%	• Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.