



Addictive Sweet Potato Burritos



Vegetarian



Popular

READY IN



50 min.

SERVINGS



12

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups kidney beans canned drained
- ☐ 1 pinch cayenne pepper to taste
- ☐ 3 tablespoons chili powder
- ☐ 12 10-inch flour tortillas warmed ()
- ☐ 4 cloves garlic minced
- ☐ 2 teaspoons ground cumin
- ☐ 4 teaspoons mustard prepared
- ☐ 1 onion chopped

- ☐ 8 ounces cheddar cheese shredded
- ☐ 3 tablespoons soya sauce
- ☐ 4 cups sweet potatoes cooked mashed
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water

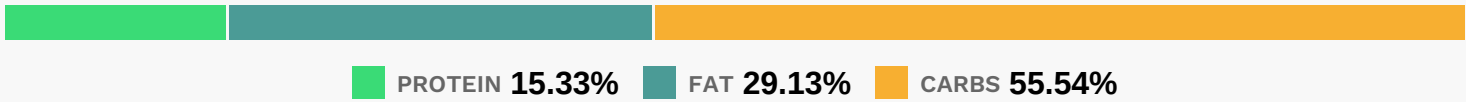
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat oil in a medium skillet, and saute onion and garlic until soft. Stir in beans, and mash. Gradually stir in water, and heat until warm.
- ☐ Remove from heat, and stir in the chili powder, cumin, mustard, cayenne pepper and soy sauce.
- ☐ Divide bean mixture and mashed sweet potatoes evenly between the warm flour tortillas. Top with cheese. Fold up tortillas burrito style, and place on a baking sheet.
- ☐ Bake for 12 minutes in the preheated oven, and serve.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:20.16, Inflammation Score:-10, Nutrition Score:22.593478316846%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.88mg, Quercetin:

1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 426.93kcal (21.35%), Fat: 13.93g (21.43%), Saturated Fat: 5.98g (37.39%), Carbohydrates: 59.76g (19.92%), Net Carbohydrates: 50.27g (18.28%), Sugar: 6.8g (7.56%), Cholesterol: 18.9mg (6.3%), Sodium: 1195.32mg (51.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.5g (32.99%), Vitamin A: 7081.1IU (141.62%), Manganese: 0.82mg (41.14%), Fiber: 9.49g (37.95%), Phosphorus: 364.93mg (36.49%), Vitamin B1: 0.51mg (33.67%), Selenium: 23.41µg (33.45%), Calcium: 291.55mg (29.16%), Iron: 4.69mg (26.03%), Folate: 100.96µg (25.24%), Vitamin B2: 0.4mg (23.45%), Vitamin B3: 4.24mg (21.2%), Magnesium: 66.51mg (16.63%), Copper: 0.32mg (15.96%), Potassium: 556.12mg (15.89%), Vitamin B6: 0.29mg (14.74%), Vitamin K: 14.22µg (13.54%), Zinc: 1.91mg (12.73%), Vitamin E: 1.15mg (7.68%), Vitamin B5: 0.72mg (7.19%), Vitamin C: 2.82mg (3.41%), Vitamin B12: 0.2µg (3.34%)