



Baked Steak Burritos

READY IN



30 min.

SERVINGS



6

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 oz taco seasoning
- ☐ 1.5 lb sirloin tip boneless cut into thin bite-size strips
- ☐ 16 oz refried beans traditional canned
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- ☐ 8 oz cheddar cheese shredded
- ☐ 3 tablespoons spring onion thinly sliced
- ☐ 10 oz enchilada sauce red canned
- ☐ 4 oz cheddar cheese shredded

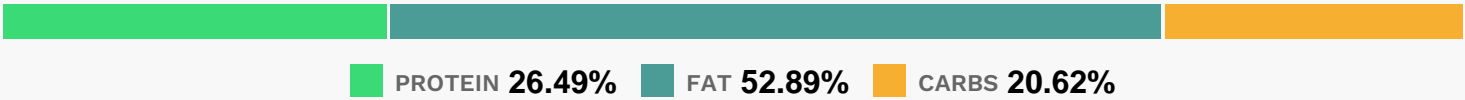
Equipment

- ☐ frying pan
- ☐ oven
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. In 10-inch skillet, melt butter over medium heat. Stir in taco seasoning mix.
- ☐ Add beef strips; cook 5 to 6 minutes, stirring occasionally, until desired doneness; drain.
- ☐ Meanwhile, place refried beans in microwavable dish. Microwave uncovered on High 2 minutes, stirring once or twice.
- ☐ Spread each tortilla with refried beans to within 1/4 inch of edge. Top each with beef, Cheddar cheese and onions.
- ☐ Roll up, folding in sides. In ungreased 13x9-inch (3-quart) glass baking dish, place burritos with seam sides down.
- ☐ Pour enchilada sauce over burritos.
- ☐ Sprinkle with Mexican cheese blend.
- ☐ Bake uncovered 7 to 12 minutes or until burritos are thoroughly heated and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:8.3, Inflammation Score:-8, Nutrition Score:27.80956551303%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 696.08kcal (34.8%), Fat: 40.36g (62.08%), Saturated Fat: 22.72g (141.97%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 29.11g (10.58%), Sugar: 7.8g (8.67%), Cholesterol: 165.6mg (55.2%), Sodium: 2059.39mg (89.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.49g (90.97%), Selenium: 57.87µg (82.68%), Vitamin B12: 3.92µg (65.33%), Phosphorus: 589.71mg (58.97%), Zinc: 8.7mg (57.99%), Calcium: 485.67mg (48.57%), Vitamin B3: 8.31mg (41.55%), Vitamin B6: 0.77mg (38.41%), Vitamin A: 1827.08IU (36.54%), Vitamin B2: 0.58mg (33.9%), Iron: 5.61mg (31.16%), Fiber: 6.3g (25.2%), Vitamin B1: 0.3mg (20.23%), Potassium: 544.14mg (15.55%), Folate: 57.24µg (14.31%), Magnesium: 52.78mg (13.2%), Vitamin B5: 1.22mg (12.2%), Vitamin K: 11.93µg (11.36%), Manganese: 0.22mg (10.83%), Copper: 0.17mg (8.56%), Vitamin E: 0.98mg (6.53%), Vitamin C: 3.64mg (4.41%), Vitamin D: 0.32µg (2.14%)