



Barbecued Burritos

READY IN



540 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb top round boneless
- ☐ 5.5 oz pepper flakes canned
- ☐ 2 tablespoons juice of lime
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 teaspoon salt
- ☐ 1 medium cranberry-orange relish peeled chopped
- ☐ 0.5 cup jicama peeled chopped
- ☐ 0.3 cup onion red chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped

- ☐ 1 tablespoon juice of lime
- ☐ 1 teaspoon honey
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon serrano chiles seeded finely chopped
- ☐ 6 10-inch flour tortilla (es in diameter)
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.5 cup onion chopped
- ☐ 0.8 cup tomatoes chopped
- ☐ 1 medium avocado chopped
- ☐ 0.8 cup barbecue sauce
- ☐ 0.3 cup frangelico chopped

Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

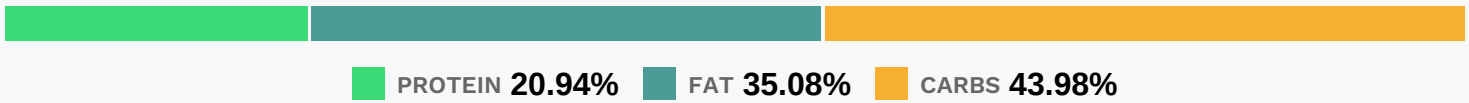
Directions

- ☐ With fork, pierce beef several times on both sides. In shallow nonmetal dish or resealable food-storage plastic bag, mix all remaining beef ingredients.
- ☐ Add beef; turn to coat with marinade. Cover dish or seal bag; refrigerate, turning beef occasionally, at least 8 hours but no longer than 24 hours.
- ☐ In small nonmetal bowl, mix all salsa ingredients until blended. Cover; refrigerate at least 2 hours to blend flavors.
- ☐ Brush grill rack with vegetable oil.
- ☐ Heat coals or gas grill for direct heat. Wrap tortillas in heavy-duty foil.
- ☐ Remove beef from marinade; discard marinade.
- ☐ Place beef on grill rack. Cover and grill beef over medium heat 25 to 30 minutes for medium doneness, turning once.

- ☐
- Add packet of tortillas for last 5 minutes of grilling, turning occasionally, until warm.

☐☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:63.3, Glycemic Load:14.19, Inflammation Score:-8, Nutrition Score:29.030434639558%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg Naringenin: 3.5mg, Naringenin: 3.5mg, Naringenin: 3.5mg, Naringenin: 3.5mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 566.33kcal (28.32%), Fat: 22.21g (34.17%), Saturated Fat: 7.65g (47.83%), Carbohydrates: 62.66g (20.89%), Net Carbohydrates: 55.51g (20.19%), Sugar: 20.88g (23.2%), Cholesterol: 65.01mg (21.67%), Sodium: 1256.55mg (54.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.83g (59.65%), Vitamin C: 62.14mg (75.32%), Selenium: 46.12µg (65.88%), Vitamin B3: 9.69mg (48.46%), Phosphorus: 453.27mg (45.33%), Vitamin B6: 0.88mg (44.22%), Vitamin B1: 0.52mg (34.62%), Zinc: 4.98mg (33.18%), Folate: 130.05µg (32.51%), Vitamin B2: 0.5mg (29.55%), Calcium: 290mg (29%), Fiber: 7.15g (28.61%), Manganese: 0.57mg (28.32%), Iron: 4.96mg (27.54%), Potassium: 859.87mg (24.57%), Vitamin K: 24.22µg (23.07%), Vitamin B12: 1.22µg (20.35%), Magnesium: 68.48mg (17.12%), Vitamin A: 808.55IU (16.17%), Copper: 0.32mg (16.14%), Vitamin B5: 1.41mg (14.08%), Vitamin E: 1.94mg (12.9%)