

Bare Burrito

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.4 ounce precooked brown rice
- ☐ 8.8 ounce no-salt-added whole-kernel corn drained canned
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 1 pound ground sirloin
- ☐ 4 cups iceberg lettuce shredded
- ☐ 1 ounce cheddar cheese shredded reduced-fat
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat

- ☐ 0.5 cup onion chopped
- ☐ 1 cup salsa

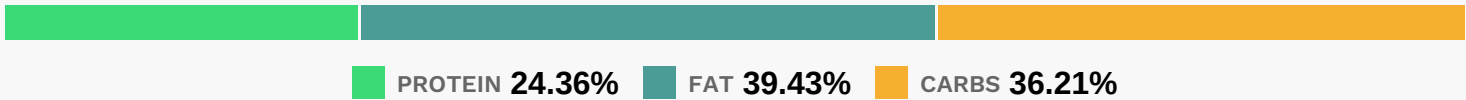
Equipment

- ☐ frying pan

Directions

- ☐ Cook first 3 ingredients in a large nonstick skillet over medium–high heat until browned, stirring to crumble beef. (
- ☐ Drain if necessary, and return to pan.) Stir in corn and next 3 ingredients. Cook 2 minutes until thoroughly heated, stirring frequently
- ☐ Divide lettuce evenly among plates. Top with beef mixture, cheese, and sour cream.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:14.24, Inflammation Score:-8, Nutrition Score:24.789130387099%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 471.34kcal (23.57%), Fat: 20.91g (32.16%), Saturated Fat: 8.28g (51.73%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 38.13g (13.87%), Sugar: 8.01g (8.9%), Cholesterol: 83.63mg (27.88%), Sodium: 693.53mg (30.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.12%), Manganese: 1.49mg (74.68%), Zinc: 6.41mg (42.72%), Vitamin B12: 2.56µg (42.6%), Vitamin B3: 8.18mg (40.91%), Vitamin B6: 0.79mg (39.56%), Phosphorus: 394.39mg (39.44%), Selenium: 20.53µg (29.33%), Vitamin C: 20.83mg (25.24%), Potassium: 869.45mg (24.84%), Magnesium: 94.72mg (23.68%), Vitamin K: 23.54µg (22.42%), Iron: 3.84mg (21.31%), Fiber: 5.05g (20.22%), Vitamin B2: 0.32mg (19.04%), Vitamin B1: 0.28mg (18.55%), Folate: 67.53µg (16.88%), Vitamin A: 833.85IU (16.68%), Vitamin B5: 1.56mg (15.65%), Copper: 0.27mg (13.51%), Calcium: 117.57mg (11.76%), Vitamin E:

1.52mg (10.14%)