



Barley, Black Bean, and Corn Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 1 teaspoon chili powder
- ☐ 0.8 cup corn kernel frozen
- ☐ 8 cups curly leaf lettuce thinly sliced
- ☐ 2 cups fat-free chicken broth fat-free organic
- ☐ 8 8-inch flour tortillas ()
- ☐ 0.3 cup fresh cilantro fresh chopped

- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup pearl barley uncooked
- ☐ 0.5 cup salsa
- ☐ 0.8 cup sharp cheddar cheese shredded reduced-fat
- ☐ 0.5 cup cream light sour

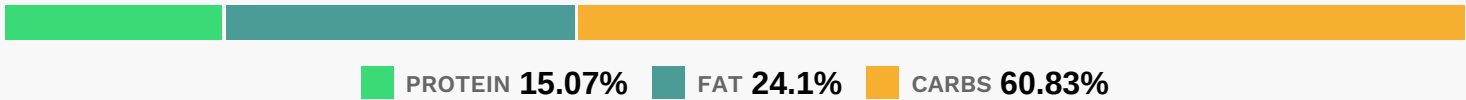
Equipment

- ☐ slow cooker

Directions

- ☐ Place first 11 ingredients in a 3- to 4-quart electric slow cooker; stir well. Cover and cook on LOW for 4 hours or until barley is tender and liquid is absorbed. Stir in 1/4 cup cilantro.
- ☐ Heat tortillas according to package directions. Spoon 2/3 cup barley mixture down center of each tortilla.
- ☐ Sprinkle each with 1 1/2 tablespoons cheese; roll up.
- ☐ Place 1 cup lettuce on each of 8 plates; top each with 1 burrito. Spoon 1 tablespoon salsa and 1 tablespoon sour cream over each serving.
- ☐ Sprinkle with additional cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:11.25, Inflammation Score:0, Nutrition Score:25.433043662621%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 424.03kcal (21.2%), Fat: 11.62g (17.87%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 65.99g (22%), Net Carbohydrates: 53.68g (19.52%), Sugar: 5.98g (6.65%), Cholesterol: 19.08mg (6.36%), Sodium: 884.34mg (38.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.34g (32.68%), Vitamin A: 3175.15IU (63.5%), Vitamin K: 61.13µg (58.22%), Manganese: 1.06mg (53.02%), Fiber: 12.31g (49.23%), Folate: 163.8µg (40.95%), Selenium: 27.03µg (38.61%), Vitamin B1: 0.51mg (34.18%), Phosphorus: 338.89mg (33.89%), Iron: 4.86mg (27.02%), Vitamin B3: 4.98mg (24.91%), Magnesium: 91.75mg (22.94%), Calcium: 225mg (22.5%), Vitamin B2: 0.36mg (21.17%), Copper: 0.39mg (19.43%), Potassium: 627.43mg (17.93%), Vitamin B6: 0.29mg (14.37%), Zinc: 2.13mg (14.22%), Vitamin C: 8.68mg (10.52%), Vitamin B5: 0.69mg (6.91%), Vitamin E: 1.01mg (6.75%), Vitamin B12: 0.26µg (4.27%)