



BBQ-Bacon Burritos

 Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup hickory smoke barbecue sauce kraft
- 10 6-inch flour tortillas ()
- 0.8 lb ground beef lean
- 0.7 cup onion chopped
- 15 oz pork and beans canned
- 10 slices oscar mayer center cut bacon cut into 1-inch pieces
- 0.5 cup heinz tomato ketchup

Equipment

frying pan

Directions

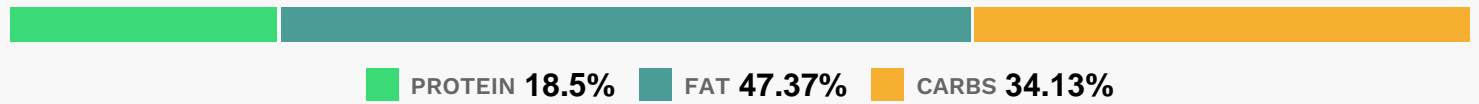
Cook bacon until crisp; drain. Set aside.

Brown ground beef in same skillet on medium heat; drain. Stir in onions, ketchup and barbecue sauce. Cook on medium-low heat 4 min., stirring frequently.

Add bacon and beans; mix well. Cook until heated through, stirring occasionally.

Spoon meat mixture evenly down centers of tortillas. Fold in opposite sides of each tortilla, then roll up burrito-style.

Nutrition Facts



Properties

Glycemic Index:20.73, Glycemic Load:15.06, Inflammation Score:-6, Nutrition Score:24.228260734807%

Flavonoids

Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 724.57kcal (36.23%), Fat: 38.23g (58.81%), Saturated Fat: 13.38g (83.65%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 54.62g (19.86%), Sugar: 12.99g (14.43%), Cholesterol: 95.66mg (31.89%), Sodium: 1681.07mg (73.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.59g (67.18%), Selenium: 44.15µg (63.07%), Vitamin B3: 10.12mg (50.6%), Phosphorus: 469.14mg (46.91%), Zinc: 5.97mg (39.83%), Vitamin B1: 0.59mg (39.28%), Manganese: 0.69mg (34.37%), Iron: 5.76mg (31.99%), Vitamin B12: 1.88µg (31.4%), Vitamin B6: 0.62mg (31.12%), Fiber: 7.34g (29.36%), Vitamin B2: 0.42mg (24.88%), Folate: 96.92µg (24.23%), Potassium: 847.54mg (24.22%), Copper: 0.37mg (18.35%), Magnesium: 72.84mg (18.21%), Calcium: 155.62mg (15.56%), Vitamin B5: 1.08mg (10.81%), Vitamin E: 0.97mg (6.46%), Vitamin K: 5.59µg (5.32%), Vitamin C: 4.35mg (5.27%), Vitamin A: 182.22IU (3.64%), Vitamin D: 0.36µg (2.37%)