



Bean and Roasted Vegetable Burritos

 Vegetarian

READY IN



70 min.

SERVINGS



7

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black
- 1 to 2 chipotle chiles in adobo sauce chopped
- 7 8-inch 9%-fat-free flour tortillas ()
- 0.5 cup cilantro leaves fresh chopped
- 0.3 teaspoon ground cumin
- 1.5 teaspoons ground cumin
- 2 tablespoons juice of lime fresh
- 0.5 cup cup heavy whipping cream sour low-fat

- 2 tablespoons olive oil
- 2 teaspoons oregano dried
- 1.3 cups bell pepper diced red (1 large)
- 1.3 cups onion diced red (1 large)
- 16 ounce refried beans fat-free canned
- 3 tablespoons bottled salsa
- 0.3 teaspoon salt
- 0.3 teaspoon sugar
- 1.8 cups baby squash diced yellow (2 small)
- 2 cups zucchini diced (2 small)

Equipment

- bowl
- frying pan
- oven
- aluminum foil
- ziploc bags

Directions

- Preheat oven to 50
- Combine zucchini and next 3 ingredients in a large zip-top plastic bag.
- Add oil and next 5 ingredients; shake well to coat.
- Spoon vegetable mixture onto a 15 x 10-inch jelly roll pan coated with cooking spray.
- Bake at 500 for 30 minutes or until browned, stirring occasionally.
- Let stand 5 minutes.
- Sprinkle with cilantro and lime juice.
- Combine refried beans, salsa, chipotle chile, and cumin in a medium bowl. Spoon 1/4 cup bean mixture down center of each tortilla. Top each tortilla with 1/2 cup roasted vegetable mixture, and roll up; wrap in foil.

Reduce oven temperature to 350 and bake for 15 minutes or until thoroughly heated. Top each burrito evenly with sour cream.

Nutrition Facts



PROTEIN 12.31% **FAT 31.2%** **CARBS 56.49%**

Properties

Glycemic Index:46.87, Glycemic Load:11.01, Inflammation Score:-9, Nutrition Score:15.545217352069%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 295.12kcal (14.76%), Fat: 10.25g (15.77%), Saturated Fat: 3.22g (20.1%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 34.84g (12.67%), Sugar: 8.05g (8.94%), Cholesterol: 5.75mg (1.92%), Sodium: 896.96mg (39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Vitamin C: 49.24mg (59.68%), Fiber: 6.93g (27.74%), Manganese: 0.51mg (25.39%), Vitamin A: 1197.8IU (23.96%), Vitamin B1: 0.33mg (21.91%), Folate: 86.95µg (21.74%), Iron: 3.53mg (19.63%), Selenium: 12.32µg (17.59%), Vitamin K: 17.62µg (16.78%), Phosphorus: 163.04mg (16.3%), Vitamin B2: 0.28mg (16.29%), Calcium: 155.14mg (15.51%), Vitamin B3: 3mg (15.02%), Vitamin B6: 0.29mg (14.42%), Potassium: 409.68mg (11.71%), Vitamin E: 1.37mg (9.15%), Magnesium: 35.38mg (8.85%), Copper: 0.12mg (6.13%), Zinc: 0.73mg (4.85%), Vitamin B5: 0.35mg (3.52%), Vitamin B12: 0.07µg (1.15%)