



Bean and Sweet Potato Burritos

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small rum cubed peeled
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 2 teaspoons chili powder
- 1 teaspoon olive oil
- 0.5 large onion yellow chopped
- 2 cloves garlic chopped

- 16 oz refried beans traditional canned
- 0.1 teaspoon ground pepper red (cayenne)
- 1 tablespoon dijon mustard
- 0.5 tablespoon soya sauce
- 11 oz flour tortilla for burritos (8 count)
- 6 oz cheddar cheese smoked shredded white

Equipment

- bowl
- frying pan
- baking sheet
- oven
- plastic wrap
- baking pan
- aluminum foil
- microwave

Directions

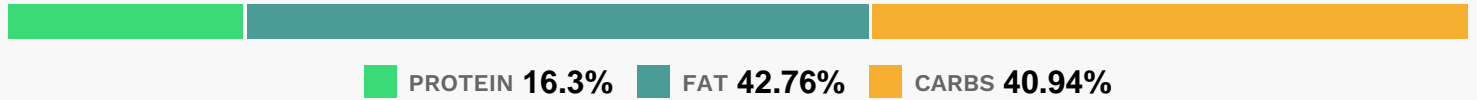
- Heat oven to 400°F. Line cookie sheet or shallow baking pan with foil.
- In large bowl, toss cubed sweet potatoes with 1 tablespoon oil, the salt, cumin and chili powder.
- Spread on cookie sheet. Roast 40 to 50 minutes or until lightly browned and caramelized.
- Meanwhile, in 10-inch skillet, heat 1 teaspoon oil over medium heat.
- Add onion and garlic; cook 5 to 10 minutes or until onion is soft and translucent. Stir in refried beans, red pepper, mustard and soy sauce. Cook and stir over medium heat until thoroughly heated.
- Remove from heat; set aside.
- Heat tortillas as directed on package.
- Spread 2 to 3 tablespoons refried beans over each warm tortilla. Top each with about 2 tablespoons sweet potato chunks; sprinkle with cheese. Wrap tortilla around filling. If to be

eaten within a week, place burritos in sealed container; refrigerate. To store for a longer period of time, wrap each burrito in plastic wrap and place in freezer container with tight-fitting lid; place in freezer.

To heat 1 frozen burrito, remove plastic wrap. Microwave on High 1 minute.

Cut burrito in half; microwave 30 seconds longer or until center is warm.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:10.63, Inflammation Score:-6, Nutrition Score:11.688260845516%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 364.44kcal (18.22%), Fat: 17.07g (26.26%), Saturated Fat: 7.41g (46.31%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 31.15g (11.33%), Sugar: 4.57g (5.08%), Cholesterol: 28.35mg (9.45%), Sodium: 1513.74mg (65.81%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 14.64g (29.28%), Calcium: 313.46mg (31.35%), Selenium: 20.84µg (29.77%), Phosphorus: 250.5mg (25.05%), Fiber: 5.63g (22.5%), Vitamin B1: 0.29mg (19.13%), Iron: 3.09mg (17.17%), Vitamin B2: 0.29mg (16.93%), Manganese: 0.33mg (16.73%), Folate: 57.92µg (14.48%), Vitamin B3: 2.5mg (12.52%), Vitamin A: 568.16IU (11.36%), Zinc: 1.42mg (9.45%), Vitamin K: 7.09µg (6.75%), Vitamin E: 0.93mg (6.23%), Magnesium: 24.68mg (6.17%), Vitamin B12: 0.3µg (5.01%), Vitamin B6: 0.1mg (4.94%), Copper: 0.09mg (4.26%), Potassium: 135.9mg (3.88%), Vitamin B5: 0.24mg (2.43%), Vitamin C: 1.31mg (1.59%), Vitamin D: 0.17µg (1.13%)