



## Bean, Cauliflower and Cheese Burritos

READY IN



35 min.

SERVINGS



8

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 flour tortillas
- 0.5 cup monterey jack shredded
- 2 tablespoons olive oil
- 1 tablespoon oregano fresh chopped
- 30.4 ounce refried pinto beans canned
- 6 ounces pork chorizo raw
- 1 head purple white finely chopped
- 8 servings salt and pepper black freshly ground
- 0.5 medium onion white finely chopped

- 0.5 cup onion white finely chopped

## Equipment

- frying pan
- paper towels

## Directions

- Watch how to make this recipe.
- Heat the oil in a large heavy saute pan over medium-high heat.
- Add the onions and cook until translucent, about 3 minutes.
- Add the cauliflower and saute until tender, about 5 minutes. Season with salt and pepper.
- Add the oregano. Turn the heat off and reserve.
- Heat a large heavy griddle. Working in batches, heat the tortillas one at a time until they are soft and pliable, about 1 minute per side.
- Add 2 tablespoons of warm Chorizo Refried Beans to the center of the tortilla, spreading outward to the sides.
- Add 1 tablespoon of the sauteed cauliflower mixture.
- Add 1 tablespoon of cheese. Fold in the edges and roll to form a burrito. Return to the griddle just for the cheese to melt, about 10 seconds.
- Serve warm.
- Heat a medium saute pan on medium heat.
- Add the chorizo and cook until golden in color, about 6 minutes.
- Remove the chorizo to a drain on a plate lined with some paper towels.
- Add the onions to the pan with the chorizo fat.
- Saute until the onions are translucent, about 4 minutes. Return the chorizo to the pan.
- Add the refried beans to the mixture. Continue cooking for about 5 minutes. Turn the heat off and reserve for tostadas and burritos.

## Nutrition Facts



■ PROTEIN 19.46% ■ FAT 30.9% ■ CARBS 49.64%

## Properties

Glycemic Index:25.94, Glycemic Load:10.11, Inflammation Score:-8, Nutrition Score:22.655652249637%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

## Nutrients (% of daily need)

Calories: 385.68kcal (19.28%), Fat: 13.49g (20.76%), Saturated Fat: 4.64g (29%), Carbohydrates: 48.76g (16.25%), Net Carbohydrates: 36g (13.09%), Sugar: 3.63g (4.03%), Cholesterol: 21.59mg (7.2%), Sodium: 298.64mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.12g (38.24%), Folate: 261.5µg (65.38%), Fiber: 12.76g (51.04%), Vitamin C: 36.92mg (44.75%), Manganese: 0.82mg (40.81%), Vitamin B1: 0.56mg (37.36%), Phosphorus: 326.33mg (32.63%), Selenium: 20.17µg (28.82%), Vitamin B6: 0.51mg (25.54%), Potassium: 822.72mg (23.51%), Iron: 4.18mg (23.19%), Vitamin K: 23.47µg (22.35%), Magnesium: 80.74mg (20.18%), Calcium: 179.17mg (17.92%), Vitamin B2: 0.28mg (16.47%), Copper: 0.32mg (15.94%), Vitamin B3: 3.01mg (15.06%), Zinc: 2.14mg (14.23%), Vitamin E: 1.71mg (11.41%), Vitamin B5: 0.94mg (9.4%), Vitamin B12: 0.21µg (3.46%), Vitamin A: 67.31IU (1.35%)