



Beef and Bean Burrito Skillet Dinner

 Popular

READY IN



30 min.

SERVINGS



6

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef stock
- ☐ 0.3 teaspoon cajun spice
- ☐ 1 can pinto beans
- ☐ 1 tablespoon chili powder
- ☐ 0.5 teaspoon cumin
- ☐ 4 flour tortillas
- ☐ 0.5 teaspoon garlic powder garlic powder
- ☐ 4 ounce chilies green

- ☐ 1 green onion
- ☐ 1 pound ground beef
- ☐ 2 tablespoons jalapeño chopped
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings optional garnishes: lettuce shredded chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 onion
- ☐ 0.5 teaspoon oregano
- ☐ 8 turns pepper
- ☐ 1 cup salsa red
- ☐ 1 packet sazón seasoning
- ☐ 1 cup cheddar shredded
- ☐ 6 servings cup heavy whipping cream sour

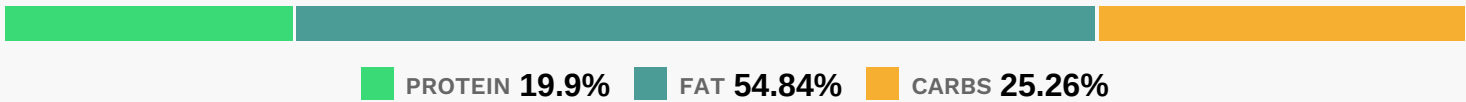
Equipment

- ☐ frying pan

Directions

- ☐ Recipe: Beef and Bean Burrito Skillet Dinner
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 10 min |Cook time: 20 min |

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:7.58, Inflammation Score:-8, Nutrition Score:23.394347843917%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 503.48kcal (25.17%), Fat: 31.08g (47.81%), Saturated Fat: 12.05g (75.29%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 24.49g (8.91%), Sugar: 6.96g (7.73%), Cholesterol: 79.59mg (26.53%), Sodium: 1436.05mg (62.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.37g (50.74%), Vitamin K: 40.85µg (38.9%), Phosphorus: 378.44mg (37.84%), Manganese: 0.73mg (36.31%), Selenium: 23.03µg (32.9%), Zinc: 4.81mg (32.07%), Fiber: 7.72g (30.88%), Vitamin B12: 1.84µg (30.71%), Vitamin A: 1440.9IU (28.82%), Vitamin B3: 5.51mg (27.57%), Calcium: 272.07mg (27.21%), Vitamin B6: 0.54mg (26.77%), Iron: 4.58mg (25.45%), Potassium: 850.52mg (24.3%), Vitamin B2: 0.38mg (22.39%), Vitamin E: 3.04mg (20.28%), Folate: 79.65µg (19.91%), Magnesium: 70.19mg (17.55%), Vitamin B1: 0.26mg (17.16%), Vitamin C: 13.2mg (16%), Copper: 0.3mg (15.19%), Vitamin B5: 0.86mg (8.6%), Vitamin D: 0.19µg (1.26%)