



Beef and Bean Crescent Burritos

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup black beans rinsed drained
- 0.5 pound ground beef cooked drained
- 1 cup cheddar cheese shredded
- 2 tablespoons taco seasoning old el paso®

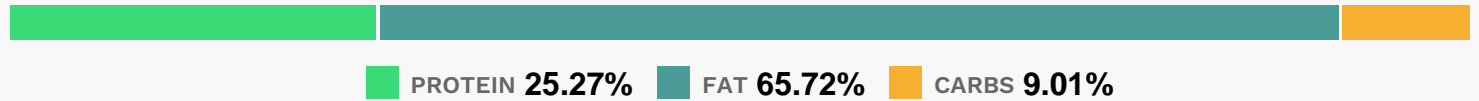
Equipment

- frying pan
- baking sheet
- oven

Directions

- In 10-inch skillet, mix beef, beans and taco seasoning mix.
- Heat to boiling over medium-high heat, stirring occasionally.
- Separate or cut dough into 8 long rectangles (if using crescent rolls, press perforations to seal). Spoon beef mixture down center of each rectangle; sprinkle with cheese. Starting with short side, roll up; pinch edge to seal.
- Place seam side down on ungreased cookie sheet.
- Sprinkle with remaining cheese.
- Bake at 375 degrees F 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:5.0999999836735%

Nutrients (% of daily need)

Calories: 145kcal (7.25%), Fat: 10.53g (16.2%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.19g (0.8%), Sugar: 0.16g (0.18%), Cholesterol: 34.25mg (11.42%), Sodium: 161.9mg (7.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.22%), Vitamin B12: 0.76µg (12.61%), Phosphorus: 124.53mg (12.45%), Zinc: 1.82mg (12.16%), Selenium: 8.38µg (11.97%), Calcium: 107.87mg (10.79%), Vitamin B2: 0.11mg (6.51%), Vitamin B3: 1.26mg (6.3%), Vitamin B6: 0.11mg (5.44%), Folate: 20.97µg (5.24%), Iron: 0.84mg (4.67%), Fiber: 1.05g (4.21%), Magnesium: 16.16mg (4.04%), Vitamin A: 200.81IU (4.02%), Potassium: 125.58mg (3.59%), Vitamin B1: 0.04mg (2.83%), Manganese: 0.05mg (2.6%), Vitamin B5: 0.23mg (2.27%), Copper: 0.04mg (2.22%), Vitamin E: 0.22mg (1.48%)