



Beefy Burritos

READY IN



30 min.

SERVINGS



8

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- ☐ 1 cup kernel corn whole frozen
- ☐ 8 10-inch flour tortillas warmed ()
- ☐ 1 pound ground beef
- ☐ 1 cup rice instant uncooked
- ☐ 1 cup picante sauce pace®
- ☐ 1 cup cheddar cheese shredded
- ☐ 0.8 cup water

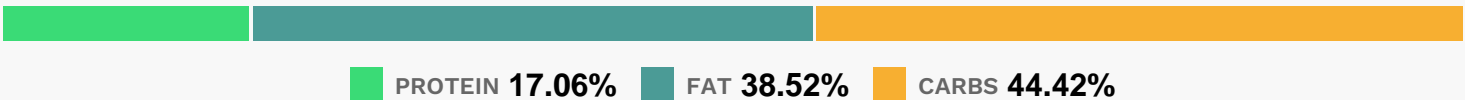
Equipment

☐ frying pan

Directions

- ☐ Cook the beef in a 12-inch skillet over medium-high heat until well browned, stirring often to separate meat.
- ☐ Pour off any fat.
- ☐ Stir the soup, picante sauce, corn, rice, cheese and water in the skillet and heat to a boil. Reduce the heat to medium. Cover and cook for 5 minutes, stirring occasionally.
- ☐ Remove the skillet from the heat and let stand for 5 minutes.
- ☐ Spoon about 2/3 cup beef mixture down the center of each tortilla. Fold up the sides of the tortillas around the filling, then fold up the ends to enclose the filling.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:22.15, Inflammation Score:-5, Nutrition Score:18.218695508397%

Nutrients (% of daily need)

Calories: 546.79kcal (27.34%), Fat: 23.13g (35.59%), Saturated Fat: 9.65g (60.33%), Carbohydrates: 60.03g (20.01%), Net Carbohydrates: 56.61g (20.59%), Sugar: 3.91g (4.34%), Cholesterol: 56.29mg (18.76%), Sodium: 1161.68mg (50.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.04g (46.09%), Selenium: 31.9µg (45.57%), Manganese: 0.77mg (38.3%), Phosphorus: 354.21mg (35.42%), Vitamin B3: 6.72mg (33.61%), Vitamin B1: 0.42mg (27.9%), Zinc: 4.05mg (27%), Iron: 4.29mg (23.85%), Vitamin B12: 1.42µg (23.73%), Calcium: 230.41mg (23.04%), Vitamin B2: 0.39mg (23%), Folate: 83.99µg (21%), Vitamin B6: 0.34mg (17.23%), Fiber: 3.41g (13.65%), Copper: 0.27mg (13.48%), Potassium: 431.66mg (12.33%), Magnesium: 44.46mg (11.11%), Vitamin B5: 0.83mg (8.3%), Vitamin K: 7.79µg (7.42%), Vitamin A: 297.53IU (5.95%), Vitamin E: 0.76mg (5.07%), Vitamin C: 0.94mg (1.13%)