



Beefy Burritos

READY IN



20 min.

SERVINGS



20

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 avocado sliced
- 1 cup black beans canned rinsed
- 1 cup four cheese shredded mexican style kraft finely
- 8 8-inch flour tortillas ()
- 1 cup regular corn frozen
- 1 lb ground beef lean
- 0.5 cup lime zest kraft
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 oz taco bellâ® taco seasoning mix

Equipment

frying pan

Directions

- Brown meat in large skillet; drain.
- Add taco seasoning mix and vinaigrette; mix well.
- Stir in corn and beans; cook 5 min. or until heated through, stirring occasionally.
- Spoon onto tortillas; top with remaining ingredients.
- Fold in opposite sides of each tortilla, then roll up burrito style.

Nutrition Facts



Properties

Glycemic Index:5.05, Glycemic Load:3.26, Inflammation Score:-3, Nutrition Score:7.2226086751274%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 173.11kcal (8.66%), Fat: 8.66g (13.32%), Saturated Fat: 2.88g (18.03%), Carbohydrates: 15.4g (5.13%), Net Carbohydrates: 13.14g (4.78%), Sugar: 1.48g (1.64%), Cholesterol: 19.71mg (6.57%), Sodium: 392.92mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.66%), Selenium: 10.45µg (14.93%), Phosphorus: 133.97mg (13.4%), Vitamin B3: 2.5mg (12.51%), Zinc: 1.62mg (10.79%), Vitamin B12: 0.57µg (9.47%), Vitamin B1: 0.14mg (9.32%), Iron: 1.66mg (9.22%), Fiber: 2.26g (9.03%), Vitamin K: 9.18µg (8.74%), Folate: 34.37µg (8.59%), Vitamin B2: 0.15mg (8.54%), Calcium: 77.53mg (7.75%), Manganese: 0.15mg (7.56%), Vitamin B6: 0.15mg (7.43%), Potassium: 200.71mg (5.73%), Magnesium: 19.09mg (4.77%), Vitamin A: 228.8IU (4.58%), Vitamin E: 0.58mg (3.85%), Copper: 0.08mg (3.75%), Vitamin B5: 0.33mg (3.25%), Vitamin C: 2.09mg (2.53%)