



Belize Burrito

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cloves garlic minced pressed
- ☐ 4 flour tortillas (10 in. wide)
- ☐ 8 oz carton nonfat yogurt plain
- ☐ 6 oz curry rice mix
- ☐ 1 teaspoon salad oil
- ☐ 1 cup tomato salsa
- ☐ 4 servings salt and pepper
- ☐ 0.5 pound tiny shrimp shelled rinsed cooked drained
- ☐ 6 oz spinach leaves washed

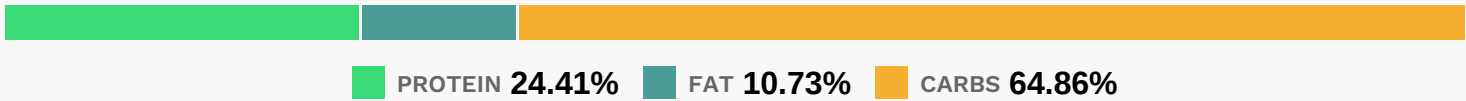
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Cook rice mix according to package directions.
- ☐ Meanwhile mix yogurt, garlic, and salt and pepper to taste.
- ☐ When rice is almost done, place a 10- to 12-inch frying pan over high heat. When pan is hot, add oil and spinach. Stir until leaves wilt, about 2 minutes.
- ☐ Mix in shrimp, remove from heat, and drain liquid from pan.
- ☐ Enclose tortillas in microwave-safe plastic wrap and heat in a microwave oven at full power (100%) until hot and steamy, 45 to 60 seconds.
- ☐ Onto each warm tortilla, spoon 1/4 of the rice, 1/4 of the spinach mixture, 1 tablespoon yogurt sauce, and 2 tablespoons salsa. Fold one side of the tortilla over the filling, then fold the sides over and roll to enclose. Accompany the burritos with remaining yogurt sauce and tomato salsa, to add to taste.

Nutrition Facts



Properties

Glycemic Index:39.3, Glycemic Load:25.41, Inflammation Score:-10, Nutrition Score:25.616087001303%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 365.55kcal (18.28%), Fat: 4.36g (6.71%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 59.35g (19.78%), Net Carbohydrates: 55.62g (20.23%), Sugar: 8.18g (9.09%), Cholesterol: 92.42mg (30.81%), Sodium: 987.97mg (42.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.67%), Vitamin K: 211.16µg (201.11%), Vitamin A: 4303.54IU (86.07%), Manganese: 1.1mg (55.02%), Phosphorus: 363.84mg (36.38%), Folate: 123.53µg (30.88%), Calcium: 266.6mg (26.66%), Selenium: 16.27µg (23.24%), Magnesium: 91.39mg (22.85%), Copper: 0.45mg (22.74%), Potassium: 788.7mg (22.53%), Vitamin B2: 0.34mg (20.01%), Iron: 3.21mg (17.86%), Vitamin B1: 0.27mg (17.69%), Vitamin C: 13.93mg (16.88%), Vitamin B6: 0.32mg (16.21%), Vitamin B3: 3.12mg (15.59%), Zinc: 2.3mg (15.31%), Fiber: 3.72g (14.9%), Vitamin E: 1.88mg (12.52%), Vitamin B5: 1.01mg (10.07%), Vitamin B12: 0.35µg (5.76%)