

Best Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slice processed cheese food
- 1 10-inch flour tortilla ()
- 1 pinch pepper black
- 1 teaspoon cream sour low-fat
- 1 dash hot sauce hot
- 0.3 cup refried beans

Equipment

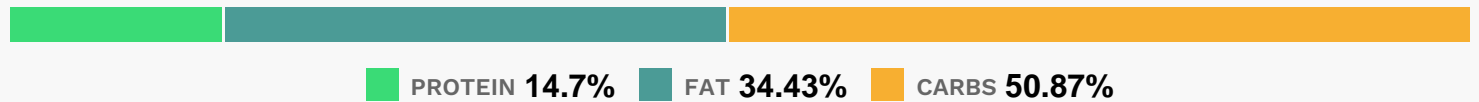
- frying pan

pot

Directions

- In a small pot heat the refried beans until they are heated through, approximately 5 minutes.
- Warm the tortilla in a dry frying pan over medium-high heat.
- Lay the burrito on a flat surface.
- Place the refried bean in the center of the burrito, layer the cheese, pepper, sour cream and hot sauce over the beans.
- Roll the tortilla so that the mixture is wrapped in the center.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:12.7, Inflammation Score:-4, Nutrition Score:11.363043484448%

Nutrients (% of daily need)

Calories: 338.01kcal (16.9%), Fat: 12.7g (19.53%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 42.2g (14.07%), Net Carbohydrates: 37.21g (13.53%), Sugar: 4.58g (5.09%), Cholesterol: 22.4mg (7.47%), Sodium: 1217.09mg (52.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.4%), Calcium: 347.54mg (34.75%), Selenium: 19.98µg (28.54%), Phosphorus: 281.82mg (28.18%), Vitamin B1: 0.36mg (23.8%), Fiber: 5g (19.98%), Manganese: 0.37mg (18.36%), Iron: 3.23mg (17.92%), Folate: 67.94µg (16.99%), Vitamin B3: 3.11mg (15.57%), Vitamin B2: 0.25mg (14.8%), Zinc: 0.92mg (6.1%), Vitamin B12: 0.33µg (5.53%), Vitamin K: 5.77µg (5.5%), Magnesium: 21.44mg (5.36%), Vitamin A: 262.08IU (5.24%), Copper: 0.08mg (4.22%), Potassium: 125.17mg (3.58%), Vitamin B6: 0.05mg (2.69%), Vitamin B5: 0.2mg (2.01%), Vitamin E: 0.18mg (1.21%)