



## Best-Ever Burritos For Two

READY IN



25 min.

SERVINGS



25

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 tsp chili powder
- 0.3 cup cilantro leaves fresh chopped
- 2 cups vegetables mixed fresh green chopped (small broccoli florets, carrots, peppers, onions)
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely
- 2 8-inch high-fiber tortillas whole wheat warmed ()
- 0.5 cup vegetable broth fat-free reduced-sodium
- 1 cup boca veggie ground crumbles frozen

### Equipment

frying pan

## Directions

- Cook ground crumbles, vegetables, broth and chili powder in large nonstick skillet on medium heat 8 to 10 min. or until crumbles are heated through and vegetables are crisp-tender, stirring frequently.
- Remove from heat.
- Stir in cheese and cilantro; spoon down centers of tortillas. Fold in opposite sides of each tortilla, then roll up, burrito style.

## Nutrition Facts



## Properties

Glycemic Index:4.16, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:2.5330434253682%

## Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 31.91kcal (1.6%), Fat: 1.1g (1.69%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.03g (1.1%), Sugar: 0.21g (0.23%), Cholesterol: 2.67mg (0.89%), Sodium: 77.7mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Vitamin A: 810.85IU (16.22%), Vitamin B12: 0.32µg (5.39%), Vitamin B1: 0.06mg (4.22%), Fiber: 1.03g (4.12%), Vitamin B3: 0.61mg (3.07%), Vitamin B6: 0.06mg (2.83%), Vitamin B2: 0.05mg (2.69%), Phosphorus: 25.86mg (2.59%), Calcium: 24.76mg (2.48%), Iron: 0.44mg (2.42%), Manganese: 0.04mg (1.99%), Vitamin C: 1.56mg (1.89%), Folate: 5.33µg (1.33%), Zinc: 0.2mg (1.31%), Potassium: 42.93mg (1.23%), Magnesium: 4.35mg (1.09%)