



Black Bean and Poblano Tortilla Wraps

 Vegetarian

READY IN



12 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

Ingredients

- 1 cup avocado diced ripe peeled (1)
- 15 ounce black beans rinsed drained canned
- 4 8-inch flour tortilla ()
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 3 tablespoons juice of lime fresh (1 large lime)
- 0.5 cup cream sour reduced-fat
- 0.3 cup onion red finely chopped

0.3 teaspoon salt

Equipment

bowl

whisk

Directions

Combine sour cream and cumin in a small bowl; stir with a whisk.

Combine beans and next 6 ingredients in a bowl. Spoon equal amounts of black bean mixture down center of each tortilla.

Roll up, cut in half, and secure with wooden picks if necessary.

Serve with sour cream mixture.

Nutrition Facts



PROTEIN 13.67% **FAT 31.87%** **CARBS 54.46%**

Properties

Glycemic Index:34.5, Glycemic Load:8.45, Inflammation Score:-6, Nutrition Score:17.020869612694%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 359.88kcal (17.99%), Fat: 13.02g (20.03%), Saturated Fat: 4.27g (26.71%), Carbohydrates: 50.07g (16.69%), Net Carbohydrates: 38.17g (13.88%), Sugar: 2.83g (3.15%), Cholesterol: 10.06mg (3.35%), Sodium: 956.93mg (41.61%), Alcohol: 0g (100%), Protein: 12.57g (25.14%), Fiber: 11.9g (47.61%), Folate: 150µg (37.5%), Vitamin B1: 0.45mg (30.11%), Manganese: 0.58mg (29.04%), Phosphorus: 265.99mg (26.6%), Iron: 4.31mg (23.96%), Vitamin B2: 0.36mg (21.26%), Selenium: 13.88µg (19.83%), Potassium: 671.48mg (19.19%), Vitamin B3: 3.64mg (18.18%),

Copper: 0.34mg (17.22%), Calcium: 163.67mg (16.37%), Magnesium: 65.26mg (16.31%), Vitamin K: 14.91µg (14.2%),
Vitamin C: 11.28mg (13.68%), Vitamin B6: 0.21mg (10.48%), Zinc: 1.27mg (8.48%), Vitamin B5: 0.83mg (8.32%),
Vitamin E: 0.92mg (6.15%), Vitamin A: 229.78IU (4.6%), Vitamin B12: 0.12µg (2.01%)