



Black Bean and Vegetable Burritos



Vegetarian



Gluten Free

READY IN



41 min.

SERVINGS



25

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz black beans drained and rinsed canned
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon hot sauce plus more to taste, optional
- ☐ 1.5 tablespoons juice of lime
- ☐ 1.5 cups monterey jack shredded
- ☐ 3 tablespoons olive oil
- ☐ 2 medium onions sliced

- ☐ 2 bell peppers red seeded thinly sliced
- ☐ 25 servings salt
- ☐ 4 8-inch tortillas whole-wheat

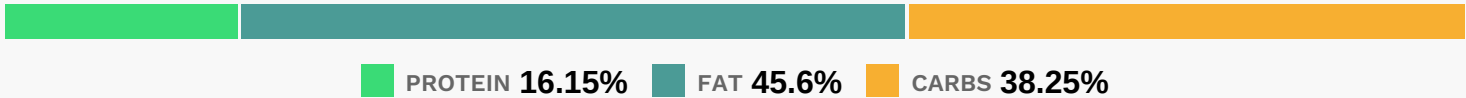
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large skillet, warm 2 Tbsp. oil over medium heat.
- ☐ Add onions, bell peppers and garlic, sprinkle with salt and cook, stirring, until vegetables have softened, 6 to 8 minutes.
- ☐ Remove from heat.
- ☐ Combine beans, cilantro, lime juice, hot sauce, if desired, and 1 Tbsp. olive oil in a medium bowl. Taste and season with salt.
- ☐ Warm a large skillet over medium heat. One at a time, add tortillas and let cook 1 to 2 minutes to soften, flipping once.
- ☐ Spread 1/4 of onion mixture (about 1 cup) along center of each tortilla. Top with bean mixture (about 1/2 cup) and 1/4 of cheese. Fold in sides and roll up tightly. Repeat.
- ☐ Cut burritos in half and serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.28, Glycemic Load:1.61, Inflammation Score:-4, Nutrition Score:4.3217391747495%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 87.18kcal (4.36%), Fat: 4.48g (6.88%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 6.63g (2.41%), Sugar: 1.13g (1.25%), Cholesterol: 6.03mg (2.01%), Sodium: 362.79mg (15.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Vitamin C: 13.71mg (16.61%), Fiber: 1.82g (7.27%), Calcium: 71.85mg (7.19%), Phosphorus: 70.82mg (7.08%), Vitamin A: 352.75IU (7.05%), Folate: 25.43µg (6.36%), Manganese: 0.11mg (5.37%), Vitamin B1: 0.08mg (5.05%), Vitamin B2: 0.08mg (4.75%), Selenium: 3.11µg (4.45%), Iron: 0.74mg (4.13%), Vitamin B6: 0.06mg (3.06%), Potassium: 103.29mg (2.95%), Magnesium: 11.75mg (2.94%), Vitamin B3: 0.58mg (2.9%), Vitamin E: 0.41mg (2.76%), Zinc: 0.38mg (2.54%), Copper: 0.05mg (2.48%), Vitamin K: 2.33µg (2.22%), Vitamin B5: 0.1mg (1.03%)