



Black Bean Burrito Bake



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans divided rinsed drained canned
- ☐ 7 ounce chipotles in adobo canned
- ☐ 1 cup corn kernels frozen thawed
- ☐ 4 8-inch flour tortilla ()
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 1 cup salsa

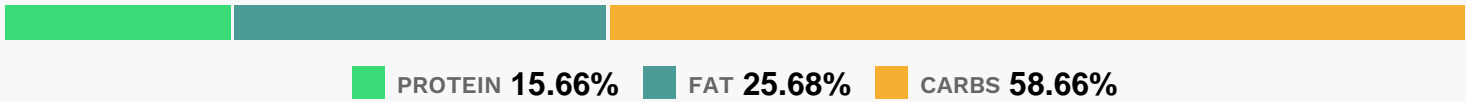
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Remove one chile from can. Chop chile. Reserve remaining adobo sauce and chiles for another use.
- ☐ Combine sour cream and chile in a medium bowl; let stand 10 minutes.
- ☐ Place half of beans in a food processor; process until finely chopped.
- ☐ Add chopped beans, remaining beans, and corn to sour cream mixture.
- ☐ Spoon 1/2 cup bean mixture down the center of each tortilla.
- ☐ Roll up tortillas; place, seam side down, in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Spread salsa over tortillas; sprinkle with cheese. Cover and bake at 350 for 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:7.99, Inflammation Score:-7, Nutrition Score:19.054347927156%

Nutrients (% of daily need)

Calories: 424.17kcal (21.21%), Fat: 12.35g (19%), Saturated Fat: 6.29g (39.3%), Carbohydrates: 63.45g (21.15%), Net Carbohydrates: 47.38g (17.23%), Sugar: 9.63g (10.7%), Cholesterol: 22.68mg (7.56%), Sodium: 1403.45mg (61.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.89%), Fiber: 16.07g (64.29%), Phosphorus: 342.88mg (34.29%), Folate: 136.27µg (34.07%), Manganese: 0.62mg (31.07%), Iron: 5.57mg (30.93%), Vitamin B1: 0.46mg (30.46%), Calcium: 277.38mg (27.74%), Vitamin B2: 0.42mg (24.62%), Selenium: 16.53µg (23.62%), Vitamin B3: 4.08mg (20.42%), Potassium: 685.44mg (19.58%), Magnesium: 70.21mg (17.55%), Copper: 0.32mg (16.1%), Vitamin B6: 0.24mg (11.75%), Zinc: 1.67mg (11.16%), Vitamin A: 540.49IU (10.81%), Vitamin K: 6.9µg (6.57%), Vitamin E: 0.95mg (6.35%), Vitamin C: 5.02mg (6.09%), Vitamin B5: 0.59mg (5.86%), Vitamin B12: 0.24µg (3.97%)