



Black Bean Burritos

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

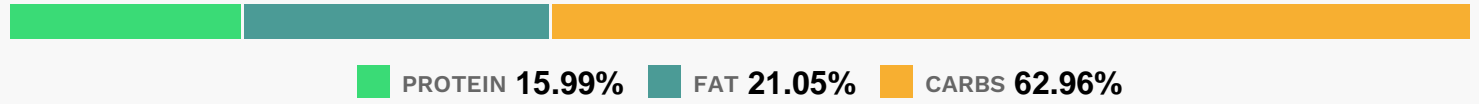
- 12 ounce black bean dip fat-free
- 4 10-inch flour tortillas fat-free ()
- 1 cup bell pepper green chopped
- 0.8 cup onion chopped
- 1 cup tomatoes chopped

Equipment

Directions

- Spread dip evenly over tortillas (about 1/3 cup dip per tortilla).
- Sprinkle evenly with tomato, onion, and green pepper.
- To serve, roll up tortillas. If desired, top with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:12.03, Inflammation Score:-7, Nutrition Score:13.773913072503%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 349.7kcal (17.49%), Fat: 8.19g (12.6%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 55.14g (18.38%), Net Carbohydrates: 46.24g (16.81%), Sugar: 15.46g (17.18%), Cholesterol: 0mg (0%), Sodium: 521.93mg (22.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.01%), Vitamin C: 37.27mg (45.18%), Fiber: 8.9g (35.59%), Vitamin B1: 0.4mg (26.73%), Iron: 4.58mg (25.46%), Manganese: 0.47mg (23.62%), Selenium: 15.76µg (22.51%), Folate: 80.81µg (20.2%), Vitamin B3: 3.53mg (17.64%), Phosphorus: 169.29mg (16.93%), Vitamin B2: 0.22mg (13.12%), Calcium: 116.55mg (11.65%), Vitamin K: 10.86µg (10.34%), Vitamin B6: 0.19mg (9.53%), Vitamin A: 448.72IU (8.97%), Potassium: 284.77mg (8.14%), Magnesium: 26.22mg (6.56%), Copper: 0.13mg (6.55%), Zinc: 0.53mg (3.56%), Vitamin E: 0.34mg (2.3%), Vitamin B5: 0.22mg (2.22%)