



Black Bean Burritos with Avocado

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup avocado diced peeled
- ☐ 30 ounce black beans drained canned
- ☐ 4 10-inch flour tortillas ()
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon olive oil
- ☐ 6 tablespoons bottled salsa

- ☐ 6 tablespoons cup heavy whipping cream fat-free sour
- ☐ 0.3 cup water

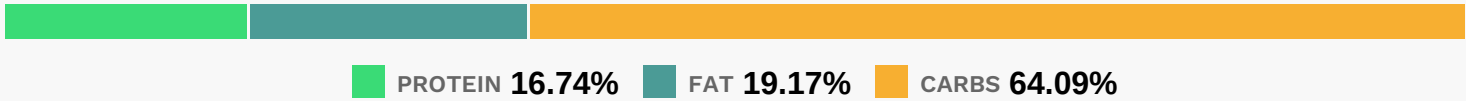
Equipment

- ☐ sauce pan

Directions

- ☐ Combine avocado and lime juice, tossing to coat.
- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add garlic; saut 1 minute. Stir in water, cumin, and beans. Reduce heat to medium; simmer 3 minutes or until thoroughly heated, stirring occasionally. Warm tortillas according to package directions. Spoon 1/4 cup bean mixture into each tortilla. Top with 1 1/2 tablespoons sour cream, 1 1/2 tablespoons salsa, and 2 tablespoons avocado; roll up.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:11.22, Inflammation Score:-7, Nutrition Score:24.379565171573%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 473.73kcal (23.69%), Fat: 10.24g (15.76%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 77.07g (25.69%), Net Carbohydrates: 58.11g (21.13%), Sugar: 3.81g (4.23%), Cholesterol: 1.62mg (0.54%), Sodium: 1518.57mg (66.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.13g (40.26%), Fiber: 18.96g (75.84%), Folate: 214.15µg (53.54%), Manganese: 0.95mg (47.7%), Vitamin B1: 0.69mg (45.88%), Phosphorus: 416.17mg (41.62%), Iron: 7.48mg (41.57%), Vitamin B2: 0.52mg (30.42%), Selenium: 19.89µg (28.41%), Copper: 0.55mg (27.58%), Potassium:

946.74mg (27.05%), Magnesium: 105.14mg (26.28%), Vitamin B3: 5.08mg (25.41%), Calcium: 221.09mg (22.11%),
Vitamin B6: 0.28mg (13.83%), Zinc: 1.85mg (12.31%), Vitamin C: 9.74mg (11.81%), Vitamin K: 10.69µg (10.18%), Vitamin
B5: 0.83mg (8.28%), Vitamin E: 0.87mg (5.78%), Vitamin A: 211.69IU (4.23%)