



BOCA Loco Burritos

READY IN



45 min.

SERVINGS



45

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups milk cheddar cheese shredded 2% divided kraft
- 1 cup knudsen cream light sour divided
- 16 oz taco bellâ® refried beans fat free 99% canned
- 1 cup taco bellâ® & chunky salsa thick
- 2 cups boca veggie ground crumbles frozen
- 6 10-inch tortillas whole wheat ()

Equipment

- oven

Directions

- Heat oven to 350F.
- Combine crumbles, salsa and 1/2 cup sour cream.
- Spread beans down centers of tortillas; top with crumbles mixture and 1 cup cheese. Fold bottom and top of each tortilla about 1 inch over filling; roll up, starting at one side.
- Place, seam-sides down, in 13x9-inch dish sprayed with cooking spray; cover.
- Bake 25 min.; sprinkle with remaining cheese.
- Bake, uncovered, 5 min. or until burritos are heated through (160F) and cheese is melted.
- Serve topped with remaining sour cream.

Nutrition Facts



Properties

Glycemic Index:1.47, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.8352174111035%

Nutrients (% of daily need)

Calories: 62.83kcal (3.14%), Fat: 2.61g (4.02%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 5.48g (1.99%), Sugar: 0.95g (1.06%), Cholesterol: 5.56mg (1.85%), Sodium: 198.37mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin B12: 0.36µg (6.07%), Calcium: 55.37mg (5.54%), Fiber: 1.32g (5.28%), Vitamin B1: 0.05mg (3.34%), Phosphorus: 30.06mg (3.01%), Iron: 0.54mg (2.99%), Vitamin B3: 0.49mg (2.47%), Vitamin B6: 0.04mg (2.15%), Vitamin B2: 0.03mg (1.85%), Selenium: 1.28µg (1.82%), Vitamin A: 90.61IU (1.81%), Zinc: 0.22mg (1.44%), Potassium: 35.54mg (1.02%)