



Brown Rice and Bean Burrito

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 avocado
- ☐ 2 tablespoons no-salt-added black beans canned
- ☐ 2 tablespoons carrots shredded thinly sliced
- ☐ 0.3 cup brown rice cooked
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 tablespoon mild salsa jarred
- ☐ 1 tablespoon cheddar shredded
- ☐ 1 8-inch tortillas whole wheat

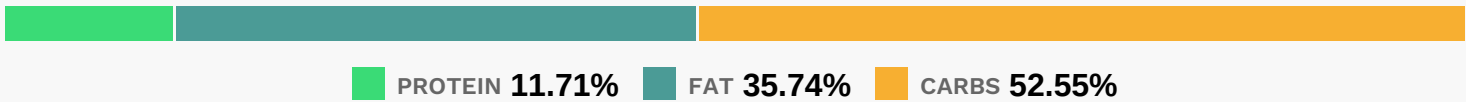
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ aluminum foil
- ☐ microwave
- ☐ cutting board

Directions

- ☐ If the cooked rice is cold, reheat it in the microwave. When hot, mix in the Cheddar until the cheese melts. Set aside to cool to room temperature.
- ☐ Mash the avocado and lime juice together in a small bowl with a fork until it becomes a spreadable consistency.
- ☐ Lay the tortilla out on a cutting board.
- ☐ Spread the mashed avocado on the tortilla, leaving a 1-inch outer border without any avocado. In the bottom third of the tortilla, lay out in a log shape the rice, beans, carrots and salsa.
- ☐ Roll over once tightly, then tuck in the sides and continue rolling. The avocado should help the burrito stay together.
- ☐ Cut in half. Wrap in a paper towel, followed by a layer of aluminum foil.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:166.03, Glycemic Load:6.9, Inflammation Score:-10, Nutrition Score:16.777826116137%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 330.38kcal (16.52%), Fat: 13.54g (20.83%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 34.68g (12.61%), Sugar: 4.25g (4.72%), Cholesterol: 8.5mg (2.83%), Sodium: 547.72mg (23.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Vitamin A: 5250.82IU (105.02%), Fiber: 10.1g (40.39%), Manganese: 0.74mg (36.89%), Folate: 69.32µg (17.33%), Calcium: 167.54mg (16.75%), Phosphorus: 150.86mg (15.09%), Potassium: 522.99mg (14.94%), Vitamin B6: 0.3mg (14.77%), Vitamin K: 15.42µg (14.68%), Magnesium: 55.07mg (13.77%), Iron: 2.23mg (12.4%), Vitamin C: 9.4mg (11.39%), Vitamin B5: 1.1mg (10.99%), Copper: 0.22mg (10.99%), Vitamin B3: 2.19mg (10.96%), Vitamin B1: 0.15mg (10.26%), Vitamin E: 1.51mg (10.05%), Vitamin B2: 0.17mg (9.85%), Zinc: 1.2mg (8.02%), Selenium: 3.17µg (4.53%), Vitamin B12: 0.09µg (1.5%)