



Brown Rice and Black Bean Burrito

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans drained and rinsed canned
- ☐ 3 teaspoons chili powder
- ☐ 8 8-inch flour tortillas each
- ☐ 2 garlic cloves minced
- ☐ 2 green onions thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup grain brown rice whole mahatma® carolina®
- ☐ 1 medium onion chopped

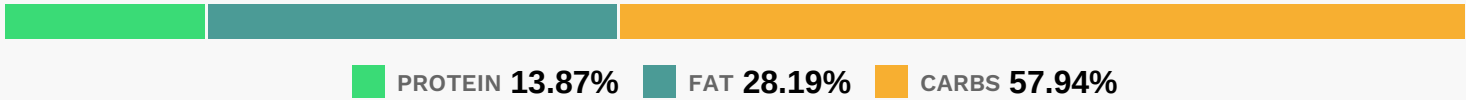
- ☐ 0.5 cup salsa
- ☐ 1 cup cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 2 teaspoons vegetable oil
- ☐ 11 oz kernel corn whole with red and green bell peppers

Equipment

Directions

- ☐ Prepare rice according to package directions. While rice is cooking, heat oil over medium heat.
- ☐ Add onion, garlic, chili powder, and cumin. Saut 3 to 5 minutes until onion is tender.
- ☐ Add cooked rice, beans and corn; cook stirring 2 to 3 minutes or until mixture is thoroughly heated.
- ☐ Remove from heat.
- ☐ Spread 1/2 cup rice, beans and corn mixture in the middle of each tortilla. Top each with 2 tablespoons shredded cheese, 1 tablespoon green onion and sour cream.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:8.57, Inflammation Score:-8, Nutrition Score:20.646956454153%

Flavonoids

Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 399.79kcal (19.99%), Fat: 12.61g (19.4%), Saturated Fat: 5.55g (34.69%), Carbohydrates: 58.31g (19.44%), Net Carbohydrates: 50.49g (18.36%), Sugar: 4.44g (4.93%), Cholesterol: 19.16mg (6.39%), Sodium: 806.84mg

(35.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.93%), Manganese: 1.36mg (68.03%), Vitamin C: 35.04mg (42.48%), Phosphorus: 336.49mg (33.65%), Selenium: 22.42µg (32.02%), Vitamin B1: 0.47mg (31.57%), Fiber: 7.82g (31.28%), Folate: 98.86µg (24.72%), Calcium: 237.28mg (23.73%), Vitamin B3: 4.28mg (21.39%), Iron: 3.73mg (20.74%), Vitamin B2: 0.34mg (19.95%), Magnesium: 78.22mg (19.55%), Vitamin B6: 0.35mg (17.47%), Vitamin K: 17.24µg (16.41%), Copper: 0.28mg (14.05%), Potassium: 478.75mg (13.68%), Vitamin A: 667.25IU (13.35%), Zinc: 1.78mg (11.87%), Vitamin E: 1.17mg (7.81%), Vitamin B5: 0.69mg (6.87%), Vitamin B12: 0.21µg (3.5%)