



Bulgur Kebab Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bulgur with spinach
- ☐ 1 tablespoon butter
- ☐ 2 eggs beaten
- ☐ 3 ounces feta cheese crumbled
- ☐ 16 servings flour tortilla
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup frangelico crumbled
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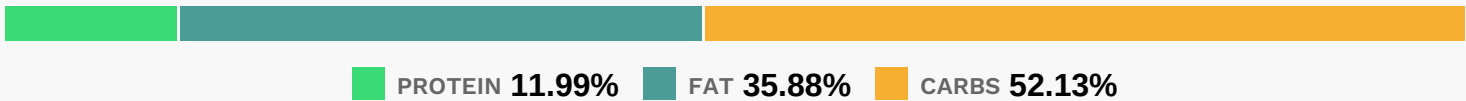
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ In a small skillet, melt butter and olive oil.
- ☐ Brush a baking sheet with about 2 tbsp. of the mixture.
- ☐ In a small bowl, combine Bulgur Pilaf with, eggs, feta cheese, and So Amazing Armenian Lula Kebabs.
- ☐ Spread about 1/3 cup bulgur mixture down the center of a tortilla. Fold sides and roll up burrito to seal. Set burrito on baking sheet, seam side down. Repeat with 3 more tortillas and remaining filling; space about 2 in. apart.
- ☐ Brush tops and sides of burritos with butter mixture.
- ☐ Bake until golden brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:28.42, Inflammation Score:-7, Nutrition Score:25.073478138965%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 661.68kcal (33.08%), Fat: 26.56g (40.85%), Saturated Fat: 9.87g (61.67%), Carbohydrates: 86.82g (28.94%), Net Carbohydrates: 76.21g (27.71%), Sugar: 4.68g (5.2%), Cholesterol: 108.29mg (36.1%), Sodium: 1185.42mg (51.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.96g (39.92%), Manganese: 1.67mg

(83.59%), Selenium: 37.54µg (53.63%), Vitamin B1: 0.73mg (48.43%), Phosphorus: 468.25mg (46.83%), Fiber: 10.6g (42.42%), Vitamin B2: 0.66mg (38.81%), Vitamin B3: 7.32mg (36.61%), Folate: 139.5µg (34.87%), Iron: 5.78mg (32.11%), Calcium: 305.5mg (30.55%), Magnesium: 90.55mg (22.64%), Vitamin B6: 0.32mg (15.91%), Zinc: 2.21mg (14.74%), Vitamin K: 14.21µg (13.54%), Copper: 0.26mg (13.23%), Vitamin B5: 1.11mg (11.09%), Potassium: 337.95mg (9.66%), Vitamin B12: 0.56µg (9.35%), Vitamin E: 1.38mg (9.2%), Vitamin A: 299.14IU (5.98%), Vitamin D: 0.52µg (3.5%)