

Burrito Bar

READY IN



45 min.

SERVINGS



10

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz avocados
- ☐ 1.5 cups crema sour (Mexican cream)
- ☐ 8 ounces feta cheese
- ☐ 10 flour tortillas fresh
- ☐ 1 ounce cilantro leaves fresh
- ☐ 5 green onions
- ☐ 1 head iceberg lettuce
- ☐ 1 lime
- ☐ 2 pounds boned meat whole cooked (see notes, above) ()

- ☐ 2 refried beans black
- ☐ 1.5 cups salsa (1 or 2 types)

Equipment

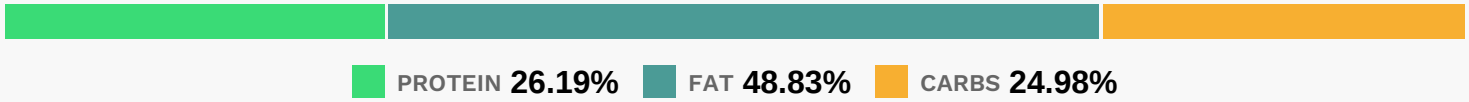
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ grill
- ☐ microwave
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Crumble cotija cheese and put in a bowl.
- ☐ Place crema and salsa in containers. Rinse lettuce, cilantro, and green onions. Finely shred enough lettuce to make about 5 cups and place in a container. Chop cilantro and thinly slice onions (including green tops); put in containers. Pit and peel avocados, thinly slice into a bowl, and mix with 2 tablespoons lime juice.
- ☐ In a 2- to 3-quart covered pan over medium heat, stir beans often until hot (adding a little water, if needed, to refried beans), about 5 minutes.
- ☐ Transfer to a bowl and keep warm. Or heat, covered, in a microwave oven at full power (100%), stirring once, until hot, 3 to 4 minutes. If using whole beans, lift beans from liquid with a slotted spoon or drain in a colander.
- ☐ Tear cooked meat into coarse shreds or cut into thin slices. If using a whole roast chicken, pull meat off bones and shred; sliver skin and include (or discard if desired). If meat is raw, grill it, then slice into bite-size pieces.
- ☐ Serve warm or at room temperature. To reheat, place meat in a microwave-safe bowl, cover, and heat in microwave oven at half power (50%), stirring occasionally, 2 to 3 minutes.

- ☐
- Drizzle 1/4 cup water over a dish towel. Wrap tortillas in towel and overwrap with microwave-safe plastic wrap.
- ☐
- Heat in a microwave oven at full power (100%) until hot and steamy, 1 to 2 minutes.
- ☐
- Remove plastic wrap and set towel-wrapped tortillas in a basket or covered casserole.
- ☐
- Arrange cheese, crema, salsa, lettuce, cilantro, onions, avocados, beans, meat, and tortillas on the table.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:5.83, Inflammation Score:-8, Nutrition Score:24.586956438811%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 419.78kcal (20.99%), Fat: 23.17g (35.65%), Saturated Fat: 8.88g (55.49%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 20.8g (7.56%), Sugar: 5.42g (6.02%), Cholesterol: 98.6mg (32.87%), Sodium: 863.23mg (37.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.92%), Vitamin B3: 12.41mg (62.07%), Selenium: 41.07µg (58.68%), Vitamin B6: 1.03mg (51.31%), Vitamin K: 48.67µg (46.35%), Phosphorus: 406.59mg (40.66%), Vitamin B2: 0.52mg (30.61%), Folate: 101.22µg (25.31%), Potassium: 865.12mg (24.72%), Vitamin B5: 2.47mg (24.7%), Fiber: 5.87g (23.48%), Calcium: 229.55mg (22.96%), Vitamin A: 1116.5IU (22.33%), Vitamin B1: 0.32mg (21.61%), Manganese: 0.37mg (18.5%), Magnesium: 63.06mg (15.77%), Vitamin C: 12.03mg (14.58%), Iron: 2.41mg (13.4%), Vitamin E: 1.97mg (13.16%), Zinc: 1.95mg (12.98%), Vitamin B12: 0.64µg (10.62%), Copper: 0.21mg (10.49%), Vitamin D: 0.18µg (1.21%)