



Burrito de La Calle

 Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 cups pinto beans warmed canned drained
- 3 tablespoons cilantro leaves chopped
- 4 large flour tortilla warmed (13 in.)
- 1 tablespoon garlic minced
- 1 tablespoon jalapeno minced
- 4 servings korean marinade
- 0.5 teaspoon kosher salt

- 1.5 teaspoons kosher salt
- 1 tablespoon juice of lime fresh
- 3 tablespoons juice of lime fresh
- 0.5 cup onion red minced
- 4 servings salsa
- 1 tablespoon serrano chiles minced
- 1 pound skirt steak
- 3 cups tomatoes finely chopped
- 1 tablespoon vegetable oil
- 4 servings frangelico
- 4 servings frangelico

Equipment

- bowl
- grill
- aluminum foil
- cutting board

Directions

- Mix all ingredients together and pour over meat in a shallow dish. Chill at least 1 hour and up to 3 hours ahead.
- Combine all ingredients in a medium bowl.
- Let sit, stirring occasionally while you cook meat.
- Prepare a grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). Cook meat 8 to 10 minutes.
- Let rest on a cutting board, covered with foil, for 15 minutes. Chop meat into 1/2-in. pieces.
- Lay 1 tortilla on a work surface. In the center, arrange 3/4 cup beans, 1/2 cup salsa, and 1/2 cup meat.
- Roll burrito up, folding sides in over filling. Repeat with remaining ingredients.

Serve burritos with remaining salsa.

*Buy flap meat (also called flap steak or bavette), a thin, flat piece of beef from the flank area, at Latino markets.

Nutrition Facts

PROTEIN 30.39% **FAT 29.93%** **CARBS 39.68%**

Properties

Glycemic Index:67.5, Glycemic Load:12.6, Inflammation Score:-8, Nutrition Score:29.130434772243%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 449.28kcal (22.46%), Fat: 15.28g (23.51%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 45.58g (15.19%), Net Carbohydrates: 35.96g (13.08%), Sugar: 8.28g (9.2%), Cholesterol: 71.44mg (23.81%), Sodium: 2038.6mg (88.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.91g (69.81%), Zinc: 8.53mg (56.84%), Vitamin B3: 9.3mg (46.48%), Selenium: 32.37µg (46.25%), Manganese: 0.92mg (46.12%), Vitamin B6: 0.84mg (42.08%), Phosphorus: 405.44mg (40.54%), Vitamin B12: 2.42µg (40.26%), Fiber: 9.62g (38.49%), Vitamin C: 29.61mg (35.89%), Potassium: 1151.03mg (32.89%), Iron: 5.58mg (30.98%), Vitamin B2: 0.52mg (30.35%), Vitamin K: 25.65µg (24.43%), Magnesium: 96.57mg (24.14%), Vitamin A: 1198.3IU (23.97%), Vitamin B1: 0.36mg (23.94%), Copper: 0.45mg (22.45%), Folate: 87.88µg (21.97%), Vitamin E: 2.32mg (15.5%), Calcium: 144.22mg (14.42%), Vitamin B5: 1.12mg (11.25%)