



Burrito Grande

READY IN



35 min.

SERVINGS



6

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz chili beans sauce undrained canned
- 4 10-inch flour tortilla ()
- 0.5 lb chorizo sausage cut
- 1 teaspoon ground cumin
- 1 cup sauce
- 10 oz cheese shredded taco-flavored
- 6 servings lettuce shredded
- 0.8 cup cream sour

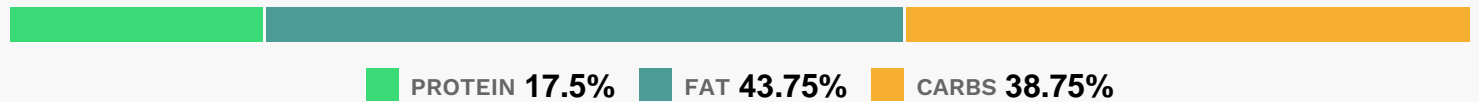
Equipment

- frying pan
- oven

Directions

- Heat oven to 375F. Spray 15x10x1-inch pan with cooking spray.
- In 10-inch skillet, cook sausage over medium-high heat until well browned.
- Drain.
- Add chili beans and cumin; mix well.
- Place tortillas, overlapping, down one side of pan. Spoon sausage mixture down center of tortillas; sprinkle with 1 1/2 cups of the cheese.
- Roll tortillas over sausage mixture to create 1 large burrito, seam side down. Spoon taco sauce over burrito; sprinkle with remaining 1 cup cheese.
- Bake 15 to 20 minutes or until hot. To serve, cut burrito into slices.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:8.07, Inflammation Score:-8, Nutrition Score:18.583913129309%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 532.99kcal (26.65%), Fat: 25.77g (39.64%), Saturated Fat: 13.65g (85.32%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 45.63g (16.59%), Sugar: 17.79g (19.77%), Cholesterol: 80.96mg (26.99%), Sodium: 1645.48mg (71.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.38%), Phosphorus: 413.85mg

(41.39%), Calcium: 384.49mg (38.45%), Selenium: 20.53µg (29.33%), Vitamin B2: 0.44mg (26.07%), Vitamin K: 26.63µg (25.36%), Iron: 4.24mg (23.55%), Folate: 93.17µg (23.29%), Vitamin A: 1148.51IU (22.97%), Fiber: 5.71g (22.85%), Zinc: 3.29mg (21.93%), Vitamin B1: 0.32mg (21.44%), Vitamin B12: 1.14µg (19.08%), Manganese: 0.37mg (18.51%), Potassium: 580.56mg (16.59%), Magnesium: 61.93mg (15.48%), Vitamin B6: 0.29mg (14.35%), Vitamin C: 10.84mg (13.14%), Copper: 0.26mg (13.13%), Vitamin B3: 2.52mg (12.59%), Vitamin E: 0.52mg (3.46%), Vitamin B5: 0.32mg (3.21%), Vitamin D: 0.19µg (1.26%)