



Burritos El Grande

READY IN



20 min.

SERVINGS



6

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups four cheese shredded mexican style kraft finely
- 0.3 cup knudsen cream sour
- 6 10-inch flour tortillas ()
- 1 bell pepper green chopped
- 1 lb ground beef
- 1 cup rice white instant uncooked
- 1.5 cups lettuce shredded
- 16 oz taco bellâ® refried beans warmed canned
- 16 oz taco bellâ® & chunky salsa thick

2 tomatoes chopped

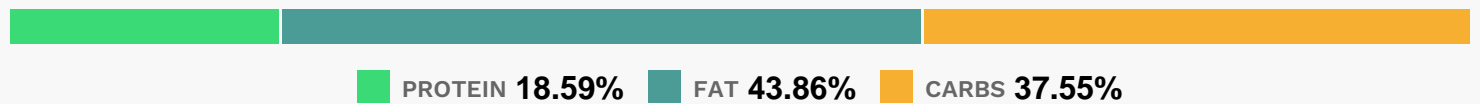
Equipment

frying pan

Directions

- Brown meat in large skillet on medium heat; drain. Stir in salsa and peppers. Bring to boil. Stir in rice; cover. Simmer on low heat 5 min.
- Spread beans down centers of tortillas; top with meat mixture, cheese, lettuce and tomatoes.
- Fold in opposite sides of each tortilla, then roll up burrito style.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:13.64, Inflammation Score:-8, Nutrition Score:27.252173957617%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 687.69kcal (34.38%), Fat: 33.22g (51.1%), Saturated Fat: 14.62g (91.39%), Carbohydrates: 63.99g (21.33%), Net Carbohydrates: 55.69g (20.25%), Sugar: 9.81g (10.9%), Cholesterol: 89.46mg (29.82%), Sodium: 1691.07mg (73.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.67g (63.34%), Selenium: 41.45µg (59.21%), Phosphorus: 461.25mg (46.13%), Vitamin B3: 8.53mg (42.64%), Vitamin B1: 0.59mg (39.23%), Calcium: 387.03mg (38.7%), Iron: 6.21mg (34.53%), Zinc: 5.09mg (33.92%), Manganese: 0.68mg (33.88%), Folate: 133.59µg (33.4%), Fiber: 8.3g (33.21%), Vitamin B12: 1.94µg (32.4%), Vitamin B2: 0.5mg (29.49%), Vitamin C: 23.62mg (28.63%), Vitamin B6: 0.55mg (27.28%), Vitamin A: 1293.56IU (25.87%), Potassium: 685.51mg (19.59%), Vitamin K: 19.5µg (18.58%), Magnesium: 58.26mg (14.56%), Copper: 0.25mg (12.34%), Vitamin E: 1.83mg (12.17%), Vitamin B5: 0.94mg (9.41%), Vitamin D: 0.25µg (1.63%)