



Burritos El Grande Made Over

READY IN



23 min.

SERVINGS



23

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15.5 oz kidney beans rinsed canned
- 0.5 cup knudsen cream light sour
- 0.5 lb extra-lean ground beef
- 1.5 cups tightly romaine lettuce shredded packed
- 0.8 cup taco bellâ® & chunky salsa thick
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely
- 3 tomatoes chopped
- 6 10-inch tortillas whole wheat warmed ()

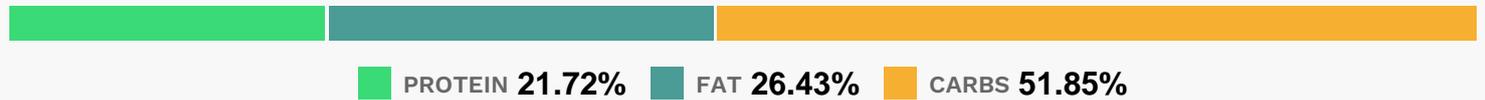
Equipment

frying pan

Directions

- Brown meat in large skillet. Stir in beans and salsa; cook 3 min. or until heated through, stirring occasionally.
- Remove from heat; stir in cheese.
- Spoon meat mixture down centers of tortillas; top with remaining ingredients. Fold in opposite sides of each tortilla, then roll up burrito-style.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:4.3256521574829%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 103.07kcal (5.15%), Fat: 3.07g (4.72%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 10.9g (3.96%), Sugar: 1.96g (2.17%), Cholesterol: 10.77mg (3.59%), Sodium: 266.99mg (11.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Fiber: 2.64g (10.55%), Vitamin A: 471.48IU (9.43%), Calcium: 67.01mg (6.7%), Phosphorus: 61.8mg (6.18%), Iron: 1.05mg (5.81%), Vitamin K: 5.66µg (5.39%), Zinc: 0.79mg (5.27%), Vitamin B12: 0.3µg (4.95%), Vitamin B6: 0.1mg (4.94%), Potassium: 163.88mg (4.68%), Manganese: 0.09mg (4.51%), Vitamin B3: 0.87mg (4.36%), Vitamin B2: 0.07mg (4.12%), Selenium: 2.66µg (3.8%), Folate: 13.97µg (3.49%), Vitamin C: 2.68mg (3.25%), Magnesium: 12.49mg (3.12%), Vitamin B1: 0.04mg (2.83%), Copper: 0.05mg (2.7%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.16mg (1.55%)