



Burritos Grande

READY IN



50 min.

SERVINGS



50

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup knudsen cream sour divided
- 6 10-inch flour tortillas ()
- 1 lb ground beef lean
- 16 oz taco bellâ® refried beans canned
- 1 cup sharp cheddar cheese shredded divided kraft
- 1 oz taco bellâ® taco seasoning mix

Equipment

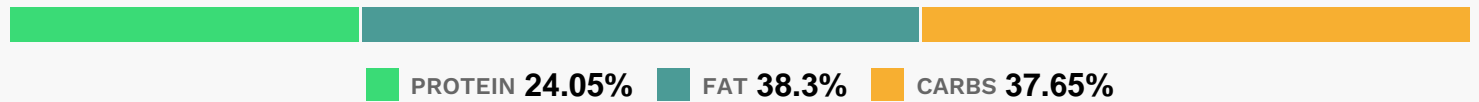
- oven

baking pan

Directions

- Heat oven to 350F.
- Cook meat with seasoning mix as directed on package.
- Remove from heat; stir in 1/2 cup sour cream.
- Spread beans down centers of tortillas; top with meat mixture and 1/2 cup cheese. Fold in opposite sides of each tortilla, then roll up, burrito style.
- Place, seam-sides down, in 13x9-inch baking dish sprayed with cooking spray; cover.
- Bake 25 min. Top with remaining cheese; bake, uncovered, 5 min. or until melted.
- Serve topped with remaining sour cream.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:2.3621739408244%

Nutrients (% of daily need)

Calories: 61.33kcal (3.07%), Fat: 2.56g (3.94%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.88g (1.78%), Sugar: 0.77g (0.86%), Cholesterol: 9.92mg (3.31%), Sodium: 181.57mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Selenium: 4.22µg (6.03%), Phosphorus: 48.24mg (4.82%), Vitamin B3: 0.87mg (4.37%), Zinc: 0.6mg (4%), Vitamin B12: 0.23µg (3.91%), Iron: 0.65mg (3.59%), Calcium: 35.54mg (3.55%), Vitamin B2: 0.05mg (3.18%), Vitamin B1: 0.05mg (3.15%), Fiber: 0.78g (3.13%), Folate: 9.03µg (2.26%), Vitamin B6: 0.04mg (2.17%), Manganese: 0.04mg (2.15%), Vitamin A: 104.86IU (2.1%), Potassium: 47.94mg (1.37%), Magnesium: 4.8mg (1.2%)