



Butternut Squash Burritos

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



925 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups brown rice frozen thawed prepared or brown rice
- ☐ 4 burrito-size flour tortillas
- ☐ 1 pound precut butternut squash diced peeled
- ☐ 15 ounce pinto beans drained and rinsed canned
- ☐ 1 tablespoon chili powder
- ☐ 8 large eggs
- ☐ 4 servings kosher salt
- ☐ 2 teaspoons jalapeño peppers chopped

- ☐ 1 large onion red finely chopped
- ☐ 4 ounces cheddar cheese shredded
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Combine the squash, 1/2 cup water and a pinch of salt in a large microwave-safe bowl; cover with plastic wrap and pierce to vent. Microwave, stirring once, until just tender, 15 minutes; drain.
- ☐ Meanwhile, melt 2 tablespoons butter in a large nonstick skillet over medium heat.
- ☐ Add the onion and a pinch of salt and cook, stirring, until soft, 5 minutes; stir in the chili powder.
- ☐ Add the beans, rice and 1/2 cup water and simmer, stirring, until the liquid evaporates, about 10 minutes.
- ☐ Transfer to a bowl and cover to keep warm.
- ☐ Wipe out the skillet. Lightly beat the eggs in a bowl with a pinch of salt. Melt the remaining 1 tablespoon butter in the skillet over medium heat, then add the eggs and cook, stirring, until they start setting. Fold in the squash and cook until the eggs are set.
- ☐ Warm the tortillas in a dry skillet or in the microwave. Divide the rice mixture, scrambled eggs, cheese and jalapenos among the tortillas. Fold up the bottoms, then fold in the sides and roll up.
- ☐ Serve with salsa.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 PROTEIN **15.24%**  FAT **32.51%**  CARBS **52.25%**

Properties

Glycemic Index:47.94, Glycemic Load:51.11, Inflammation Score:-10, Nutrition Score:44.342608410379%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 925.17kcal (46.26%), Fat: 33.65g (51.77%), Saturated Fat: 15.56g (97.27%), Carbohydrates: 121.67g (40.56%), Net Carbohydrates: 109.01g (39.64%), Sugar: 6.53g (7.25%), Cholesterol: 422.92mg (140.97%), Sodium: 1112.07mg (48.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.5g (71%), Vitamin A: 13776.72IU (275.53%), Manganese: 4.38mg (218.76%), Phosphorus: 792.61mg (79.26%), Selenium: 46.64µg (66.63%), Magnesium: 242.06mg (60.52%), Vitamin B1: 0.78mg (51.96%), Vitamin B6: 1.02mg (51.2%), Fiber: 12.67g (50.67%), Vitamin B2: 0.78mg (45.76%), Calcium: 452.12mg (45.21%), Iron: 7.41mg (41.14%), Folate: 162.74µg (40.68%), Vitamin B5: 3.79mg (37.89%), Vitamin B3: 7.43mg (37.16%), Zinc: 5.33mg (35.5%), Potassium: 1231.04mg (35.17%), Copper: 0.67mg (33.29%), Vitamin C: 26.86mg (32.55%), Vitamin E: 4.53mg (30.2%), Vitamin B12: 1.21µg (20.14%), Vitamin D: 2.33µg (15.52%), Vitamin K: 9.9µg (9.43%)