



Cheesy Refried Bean Burritos

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup avocado peeled chopped
- 6 9-inch flour tortillas ()
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 teaspoon garlic minced
- 0.3 cup green onions chopped
- 0.3 cup commercial mild taco sauce green
- 1 jalapeno minced seeded
- 3 cups lettuce shredded finely
- 6 ounces monterrey jack cheese shredded divided

- 2 tablespoons olive oil extra-virgin
- 0.5 cup onion chopped
- 0.1 teaspoon pepper freshly ground
- 3 cups refried beans canned
- 0.1 teaspoon salt
- 0.5 cup cup heavy whipping cream sour
- 0.5 cup tomatoes seeded chopped

Equipment

- frying pan
- paper towels
- oven
- baking pan
- aluminum foil

Directions

- Place a damp paper towel in center of a sheet of aluminum foil. Stack tortillas on paper towel. Cover stack with another damp paper towel; seal foil.
- Bake at 250 for 10 minutes.
- Saute 1/2 cup onion in hot olive oil in a large skillet over medium heat 5 minutes or until tender.
- Add jalapeno and garlic; saute 1 minute.
- Add refried beans, salt, and pepper, and cook 4 minutes or until thoroughly heated, stirring frequently.
- Spoon about 1/2 cup bean mixture down one side of each tortilla. Top evenly with 1 cup cheese, green onions, and taco sauce.
- Roll up tortillas; arrange seam side down in a lightly greased 13- x 9- x 2-inch baking dish. Cover and bake at 350 for 30 minutes.
- Sprinkle with remaining 1/2 cup cheese; bake, uncovered, 5 minutes or until cheese melts.

Place 1/2 cup lettuce and 1 burrito on each plate. Top burritos evenly with avocado, tomato, cilantro, and sour cream.

Nutrition Facts

PROTEIN 17.33% **FAT 54.76%** **CARBS 27.91%**

Properties

Glycemic Index:65.83, Glycemic Load:4.13, Inflammation Score:-6, Nutrition Score:9.5356521139974%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 315.54kcal (15.78%), Fat: 19.01g (29.25%), Saturated Fat: 8.31g (51.94%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 14.88g (5.41%), Sugar: 7.99g (8.88%), Cholesterol: 36.54mg (12.18%), Sodium: 1046.68mg (45.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.07%), Calcium: 288.23mg (28.82%), Fiber: 6.91g (27.65%), Vitamin K: 25.55µg (24.33%), Phosphorus: 165.67mg (16.57%), Vitamin A: 811.13IU (16.22%), Vitamin B2: 0.18mg (10.72%), Vitamin C: 8.76mg (10.62%), Iron: 1.72mg (9.53%), Folate: 35.51µg (8.88%), Vitamin E: 1.32mg (8.8%), Selenium: 5.27µg (7.53%), Zinc: 1.12mg (7.47%), Potassium: 227.7mg (6.51%), Manganese: 0.12mg (6.16%), Vitamin B6: 0.12mg (5.98%), Magnesium: 19.97mg (4.99%), Vitamin B12: 0.28µg (4.59%), Vitamin B5: 0.37mg (3.72%), Vitamin B1: 0.05mg (3.39%), Copper: 0.06mg (3.24%), Vitamin B3: 0.49mg (2.47%), Vitamin D: 0.17µg (1.13%)