



## Chile-Cheese Rice Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon chilis green canned chopped
- ☐ 1 cup rice hot cooked
- ☐ 2 8-inch flour tortilla ()
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 0.5 cup lettuce shredded
- ☐ 1 ounce monterrey jack cheese shredded with jalapeño peppers
- ☐ 2 tablespoons salsa

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cream fat-free sour
- ☐ 0.5 cup tomatoes diced
- ☐ 0.5 cup zucchini shredded

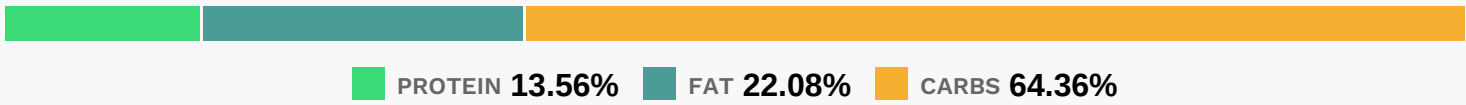
## Equipment

- ☐ frying pan

## Directions

- ☐ Place a nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add zucchini and onions; saut 3 minutes or until tender. Stir in rice and the next 4 ingredients (rice through black pepper); cook 1 minute, stirring constantly.
- ☐ Remove from heat; stir in sour cream.
- ☐ Warm tortillas according to package directions. Spoon half of rice mixture down center of each tortilla. Top each with half of lettuce and tomato; roll up.
- ☐ Serve with salsa.

## Nutrition Facts



## Properties

Glycemic Index:159.5, Glycemic Load:32.87, Inflammation Score:-8, Nutrition Score:18.096086971138%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

## Nutrients (% of daily need)

Calories: 361.93kcal (18.1%), Fat: 8.89g (13.68%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 58.32g (19.44%), Net Carbohydrates: 54.14g (19.69%), Sugar: 5.42g (6.02%), Cholesterol: 15.2mg (5.07%), Sodium: 937.32mg (40.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.29g (24.58%), Vitamin K: 65.27µg (62.16%),

Manganese: 0.82mg (41.05%), Selenium: 21.28µg (30.4%), Phosphorus: 268.99mg (26.9%), Calcium: 261.88mg (26.19%), Folate: 94.98µg (23.75%), Vitamin B1: 0.34mg (22.75%), Vitamin C: 18.73mg (22.7%), Vitamin A: 981.15IU (19.62%), Vitamin B2: 0.32mg (18.87%), Vitamin B3: 3.35mg (16.73%), Fiber: 4.17g (16.68%), Iron: 2.95mg (16.4%), Vitamin B6: 0.26mg (13.06%), Potassium: 455.02mg (13%), Magnesium: 46.26mg (11.57%), Zinc: 1.55mg (10.36%), Copper: 0.19mg (9.63%), Vitamin B5: 0.59mg (5.93%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.2µg (3.4%)