

Chili Potato Burritos

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 1 cup colby-monterey jack cheese shredded
- ☐ 8 6-inch flour tortillas
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 4 potatoes peeled chopped
- ☐ 0.5 cup enchilada sauce red
- ☐ 4 servings salt and pepper to taste

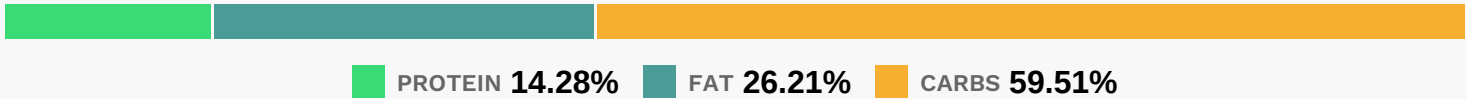
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ baking pan

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes, and cook until tender but still firm, about 15 minutes.
- ☐ Drain, cool and mash.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium mixing bowl, combine mashed potatoes, 3/4 cup cheese, chili powder, cumin, garlic, salt and pepper. Spoon evenly into tortillas, and roll up.
- ☐ Place rolled tortillas side by side in a 8x8 inch baking pan.
- ☐ Spread enchilada sauce evenly over the top, and sprinkle with remaining cheese.
- ☐ Bake in the preheated oven 15 minutes, or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:36.73, Inflammation Score:-8, Nutrition Score:21.532173949739%

Flavonoids

Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 470.8kcal (23.54%), Fat: 13.8g (21.24%), Saturated Fat: 7.24g (45.23%), Carbohydrates: 70.51g (23.5%), Net Carbohydrates: 62.8g (22.84%), Sugar: 6.12g (6.8%), Cholesterol: 25.14mg (8.38%), Sodium: 1095.14mg

(47.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.83%), Vitamin C: 42.84mg (51.93%), Phosphorus: 377.08mg (37.71%), Vitamin B6: 0.72mg (35.92%), Manganese: 0.67mg (33.61%), Calcium: 333.34mg (33.33%), Vitamin B1: 0.48mg (32.24%), Fiber: 7.71g (30.85%), Potassium: 1026.1mg (29.32%), Selenium: 18.45µg (26.36%), Iron: 4.74mg (26.34%), Vitamin B3: 5.07mg (25.34%), Folate: 95.92µg (23.98%), Vitamin B2: 0.36mg (21.14%), Magnesium: 73.33mg (18.33%), Copper: 0.32mg (15.91%), Vitamin A: 724.52IU (14.49%), Zinc: 1.86mg (12.4%), Vitamin K: 10.17µg (9.69%), Vitamin B5: 0.8mg (8.02%), Vitamin B12: 0.23µg (3.91%), Vitamin E: 0.49mg (3.29%), Vitamin D: 0.17µg (1.13%)