



WHATSheATE



Chipotle and Black Bean Burritos



Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp vegetable oil
- ☐ 1 cup onion
- ☐ 6 cloves garlic finely chopped
- ☐ 15 oz black beans rinsed mashed drained canned
- ☐ 1 tsp chipotles in adobo drained finely chopped (from 7-oz can)
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 4 oz mozzarella cheese shredded
- ☐ 1 cup tomatoes

- ☐ 1 serving salsa thick
- ☐ 1 serving cream sour

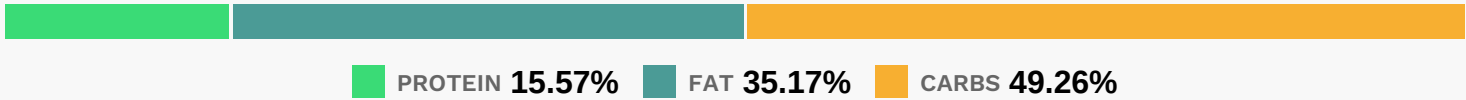
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add onion and garlic; cook 6–8 min, stirring occasionally, until onion is tender. Stir in beans and chiles. Cook, stirring frequently, until hot.
- ☐ Place 1/4 of the bean mixture on center of each tortilla. Top with cheese and tomato.
- ☐ Fold one end of each tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold remaining end down.
- ☐ Place seam side down on serving platter or plate.
- ☐ Serve with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:13.96, Inflammation Score:-8, Nutrition Score:21.857391264128%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 518.97kcal (25.95%), Fat: 20.41g (31.4%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 64.3g (21.43%), Net Carbohydrates: 52.75g (19.18%), Sugar: 6.4g (7.11%), Cholesterol: 24.17mg (8.06%), Sodium: 1217.43mg (52.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.33g (40.66%), Fiber: 11.55g (46.22%), Manganese: 0.82mg (41%), Phosphorus: 408.04mg (40.8%), Vitamin B1: 0.59mg (39.6%), Folate: 153.94µg (38.49%), Selenium:

24.61µg (35.16%), Calcium: 320.54mg (32.05%), Iron: 5.3mg (29.46%), Vitamin B2: 0.46mg (26.95%), Vitamin B3: 4.53mg (22.63%), Vitamin K: 22.33µg (21.27%), Potassium: 635.55mg (18.16%), Magnesium: 70.75mg (17.69%), Copper: 0.35mg (17.25%), Vitamin C: 12.52mg (15.17%), Zinc: 2.02mg (13.5%), Vitamin B6: 0.26mg (13.19%), Vitamin A: 564.55IU (11.29%), Vitamin B12: 0.65µg (10.88%), Vitamin E: 0.93mg (6.21%), Vitamin B5: 0.5mg (4.99%)