



Chipotle Bean Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz pinto beans rinsed canned drained
- 0.5 teaspoon chili powder
- 6 8-inch flour tortillas ()
- 0.5 cup green onions sliced
- 3 cups lettuce sliced
- 4 oz cheddar cheese shredded reduced-fat
- 1.3 cups salsa divided
- 0.3 cup cup heavy whipping cream fat-free sour

- 4 veggie patty morningstar farms®

Equipment

- baking sheet
- sauce pan
- baking paper
- oven
- toothpicks
- aluminum foil

Directions

- Tightly wrap tortillas in foil.
- Bake at 350F about 7 minutes or until softened. Meanwhile, cut Morningstar Farms Spicy Black Bean Veggie Burgers into bite-size pieces. Set aside. Use back of spoon to slightly mash beans. Stir in 1/2 cup onions, 1/3 cup of the salsa and chili powder.
- Spread bean mixture on each tortilla just below center.
- Sprinkle veggie burger pieces and cheese on top of bean mixture. Fold bottom edges of tortillas over filling. Fold in sides.
- Roll up. Secure with toothpicks, if necessary. On baking sheet coated with nonstick cooking spray or lined with parchment paper, place tortilla packages, seam side up.
- Bake at 350F about 15 minutes or until heated through and beginning to brown. Arrange lettuce on six serving plates. Top with tortilla packages, removing toothpicks, if used. Spoon remaining 1 cup salsa and sour cream on top.
- Sprinkle with additional onion if desired. *NOTE: Lower sodium by substituting dried beans for the canned beans. In medium saucepan combine 3 cups water and 3/4 cup dry pinto beans. Bring to boiling. Reduce heat. Simmer, uncovered, for 2 minutes.
- Remove from heat.
- Let stand, covered, for 1 hour.
- Drain. Rinse. Return beans to saucepan.
- Add 3 cups fresh water. Bring to boiling. Reduce heat. Simmer, covered, for 1 to 1 1/2 hours or until beans are tender.

Drain. Use as directed above in recipe. , , 2009 Kellogg NA Co Morningstar Farms Recipes are the property of the Kellogg Company.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:13.07, Inflammation Score:-8, Nutrition Score:25.053478484568%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 363.86kcal (18.19%), Fat: 8.93g (13.75%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 41.56g (15.11%), Sugar: 6.38g (7.09%), Cholesterol: 7.45mg (2.48%), Sodium: 1351.21mg (58.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.1g (42.2%), Vitamin B1: 1.58mg (105.16%), Manganese: 1.05mg (52.44%), Phosphorus: 399.28mg (39.93%), Selenium: 25.98µg (37.11%), Fiber: 9.08g (36.31%), Folate: 144.43µg (36.11%), Vitamin K: 35.76µg (34.06%), Calcium: 294.85mg (29.49%), Iron: 4.64mg (25.78%), Vitamin B3: 4.97mg (24.84%), Vitamin B2: 0.37mg (21.51%), Magnesium: 78.15mg (19.54%), Potassium: 669.8mg (19.14%), Vitamin B6: 0.36mg (18.02%), Vitamin B12: 1.07µg (17.82%), Copper: 0.32mg (16.12%), Vitamin A: 669.73IU (13.39%), Zinc: 1.87mg (12.48%), Vitamin E: 1.4mg (9.34%), Vitamin C: 6.27mg (7.6%), Vitamin B5: 0.51mg (5.07%)