



Chipotle Bean Burritos

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans organic drained canned
- ☐ 15 ounce kidney beans organic drained canned
- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon chipotle sauce
- ☐ 6 10-inch flour tortilla reduced-fat () (such as Mission)
- ☐ 1 garlic clove minced
- ☐ 6 tablespoons spring onion thinly sliced
- ☐ 1.5 cups plum tomatoes chopped (3)

- ☐ 1.5 cups the of 1 cos lettuce shredded
- ☐ 3 tablespoons salsa fresh refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces cheddar cheese reduced-fat
- ☐ 6 tablespoons cream light sour
- ☐ 0.3 cup water

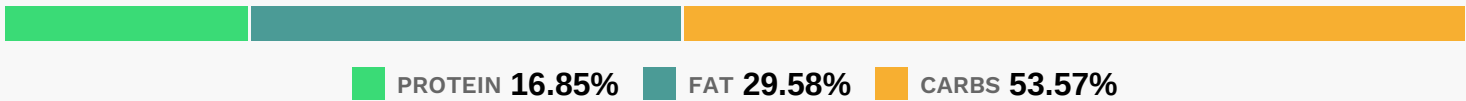
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add garlic to pan; cook 1 minute, stirring frequently. Stir in chile powder and salt; cook 30 seconds, stirring constantly. Stir in 1/3 cup water and beans; bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Remove from heat; stir in salsa. Partially mash bean mixture with a fork.
- ☐ Warm tortillas according to package directions. Spoon about 1/3 cup bean mixture into center of each tortilla. Top each serving with about 2 1/2 tablespoons cheese, 1/4 cup tomato, 1/4 cup lettuce, 1 tablespoon onions, and 1 tablespoon sour cream; roll up.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:15.18, Inflammation Score:-9, Nutrition Score:23.383043374704%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 459.69kcal (22.98%), Fat: 15.25g (23.45%), Saturated Fat: 6.36g (39.73%), Carbohydrates: 62.13g (20.71%), Net Carbohydrates: 49.65g (18.05%), Sugar: 6.48g (7.2%), Cholesterol: 22.15mg (7.38%), Sodium: 1248.8mg (54.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.54g (39.08%), Fiber: 12.48g (49.92%), Manganese: 0.83mg (41.71%), Phosphorus: 410.44mg (41.04%), Folate: 160.26µg (40.07%), Vitamin B1: 0.57mg (38.2%), Vitamin K: 39.62µg (37.74%), Vitamin A: 1781.13IU (35.62%), Calcium: 306.74mg (30.67%), Selenium: 20.74µg (29.63%), Iron: 5.3mg (29.44%), Vitamin B2: 0.43mg (25.38%), Vitamin B3: 4.43mg (22.13%), Potassium: 739.99mg (21.14%), Magnesium: 78.2mg (19.55%), Copper: 0.37mg (18.7%), Vitamin C: 12.6mg (15.27%), Zinc: 2mg (13.31%), Vitamin B6: 0.23mg (11.54%), Vitamin E: 0.97mg (6.48%), Vitamin B5: 0.48mg (4.77%), Vitamin B12: 0.28µg (4.71%)