



Chipotle Butternut Squash and Black Bean Burrito Bowl



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large avocado sliced
- ☐ 1 cup seasoned black beans
- ☐ 1 cup chipotle butternut squash
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 cup jack and cheddar cheese shredded
- ☐ 1 cup pico de gallo
- ☐ 2 cups cilantro lime rice

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4 tablespoons cup heavy whipping cream sour

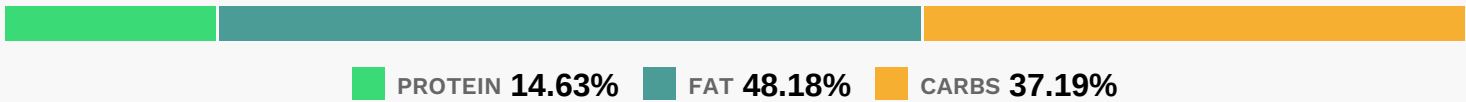
Equipment

Directions

☐

Assemble and enjoy.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:3.54, Inflammation Score:-10, Nutrition Score:18.781739063885%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 20.64mg, Hesperetin: 20.64mg, Hesperetin: 20.64mg Naringenin: 1.63mg, Naringenin: 1.63mg, Naringenin: 1.63mg, Naringenin: 1.63mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 323.02kcal (16.15%), Fat: 18.64g (28.68%), Saturated Fat: 7.76g (48.47%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 23.19g (8.43%), Sugar: 7.78g (8.65%), Cholesterol: 32.22mg (10.74%), Sodium: 578.64mg (25.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.47%), Vitamin A: 4445.98IU (88.92%), Fiber: 9.18g (36.72%), Vitamin C: 29.95mg (36.3%), Folate: 124.49µg (31.12%), Calcium: 273.82mg (27.38%), Phosphorus: 241.55mg (24.16%), Potassium: 611.62mg (17.47%), Manganese: 0.35mg (17.28%), Magnesium: 68.54mg (17.13%), Vitamin K: 15.21µg (14.49%), Vitamin B2: 0.24mg (14.07%), Vitamin B6: 0.26mg (13.1%), Vitamin B1: 0.2mg (13.02%), Copper: 0.26mg (12.76%), Zinc: 1.8mg (12%), Vitamin E: 1.79mg (11.96%), Vitamin B5: 1.15mg (11.52%), Iron: 1.94mg (10.79%), Vitamin B3: 1.66mg (8.28%), Selenium: 5.63µg (8.05%), Vitamin B12: 0.26µg (4.33%), Vitamin D: 0.17µg (1.13%)