



Confetti-Stuffed Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup black beans canned mashed drained
- ☐ 8 8-inch flour tortilla ()
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.8 cup ears corn fresh (2 ears)
- ☐ 2 garlic clove minced
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 0.8 cup chicken broth
- ☐ 0.5 cup onion coarsely chopped

- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.8 cup refried beans fat-free canned
- ☐ 0.5 cup salsa
- ☐ 0.5 cup cream fat-free sour
- ☐ 2.5 cups sweet potatoes and into cubed peeled ()

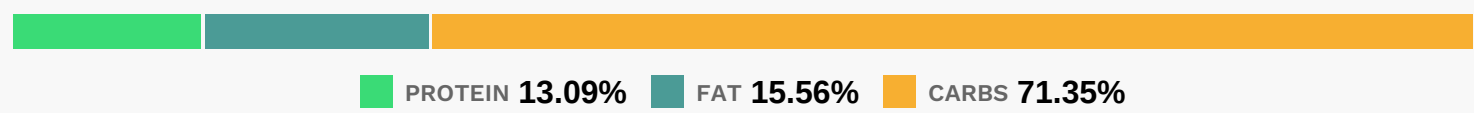
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Combine sweet potato and broth in a large nonstick skillet. Bring to a simmer over medium-low heat; cover and cook 7 minutes or until tender.
- ☐ Add onion and garlic; cook 2 minutes.
- ☐ Add corn, black beans, bell pepper, cilantro, and lime juice; simmer, uncovered, 6 minutes or until thoroughly heated.
- ☐ Combine sweet potato mixture and refried beans in a medium bowl. Spoon about 1/2 cup sweet potato mixture down center of each tortilla, and roll up.
- ☐ Place burritos in a 13 x 9-inch baking dish; cover with foil.
- ☐ Bake at 350 for 15 minutes or until thoroughly heated.
- ☐ Serve each burrito with 1 tablespoon sour cream and 1 tablespoon salsa.
- ☐ Sprinkle each burrito with 1 teaspoon chopped cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:13.06, Inflammation Score:-10, Nutrition Score:16.219565282697%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 260.49kcal (13.02%), Fat: 4.54g (6.98%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 40.75g (14.82%), Sugar: 6.62g (7.36%), Cholesterol: 1.29mg (0.43%), Sodium: 726.25mg (31.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.17%), Vitamin A: 6382.86IU (127.66%), Fiber: 6.06g (24.24%), Manganese: 0.48mg (23.79%), Vitamin B1: 0.36mg (23.75%), Vitamin C: 16.54mg (20.05%), Folate: 77.09µg (19.27%), Phosphorus: 186.7mg (18.67%), Selenium: 12.99µg (18.56%), Vitamin B3: 3.44mg (17.2%), Iron: 2.88mg (16.02%), Vitamin B2: 0.24mg (14.24%), Calcium: 128.71mg (12.87%), Potassium: 412.83mg (11.8%), Vitamin B6: 0.22mg (11.12%), Magnesium: 39.04mg (9.76%), Copper: 0.19mg (9.39%), Vitamin K: 7.22µg (6.88%), Vitamin B5: 0.63mg (6.29%), Zinc: 0.72mg (4.83%), Vitamin E: 0.48mg (3.23%), Vitamin B12: 0.07µg (1.09%)