



## Corn and Black Bean Wraps

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz black beans rinsed drained canned
- 11 ounces corn whole with red and green peppers, drained canned
- 2 ounces monterrey jack cheese shredded
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup salsa
- 4 10-inch flour tortilla (8 to es in diameter)
- 1 serving salsa

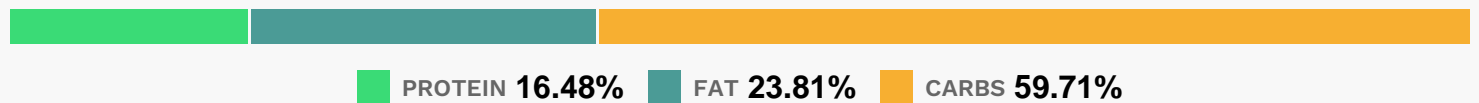
### Equipment

- bowl
- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 350°F.
- Mix beans, corn, cheese, cilantro and 1/4 cup salsa in medium bowl.
- Spoon one-fourth of the bean mixture down center of each tortilla.
- Roll up each tortilla; wrap each in aluminum foil.
- Place on cookie sheet.
- Bake about 10 minutes or until thoroughly heated and cheese is melted.
- Serve with additional salsa.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:10.95, Inflammation Score:-7, Nutrition Score:17.871739327908%

## Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 428.77kcal (21.44%), Fat: 11.36g (17.48%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 64.1g (21.37%), Net Carbohydrates: 53.85g (19.58%), Sugar: 3.6g (4%), Cholesterol: 12.62mg (4.21%), Sodium: 1295.1mg (56.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.39%), Fiber: 10.25g (41%), Folate: 157.4µg (39.35%), Phosphorus: 362.16mg (36.22%), Vitamin B1: 0.52mg (34.93%), Manganese: 0.67mg (33.52%), Selenium: 19.27µg (27.54%), Iron: 4.95mg (27.52%), Calcium: 254.17mg (25.42%), Vitamin B2: 0.4mg (23.61%), Vitamin B3: 4.66mg (23.29%), Magnesium: 68.91mg (17.23%), Potassium: 584.63mg (16.7%), Copper: 0.32mg (16.18%), Zinc: 1.64mg (10.95%), Vitamin K: 9.51µg (9.06%), Vitamin B6: 0.16mg (7.76%), Vitamin C: 4.93mg (5.97%), Vitamin A: 297.14IU (5.94%), Vitamin B5: 0.39mg (3.95%), Vitamin E: 0.36mg (2.38%), Vitamin B12: 0.12µg (1.96%)