



Corn, Black Bean and Pepper Jack Burritos



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz black beans rinsed drained canned
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 cup corn kernels frozen
- ☐ 1 tablespoon juice of lime
- ☐ 1 small onion chopped
- ☐ 6 ounces pepper jack cheese shredded low-fat
- ☐ 4 servings salt
- ☐ 4 10-inch tortillas whole-wheat

☐ 2 teaspoons vegetable oil

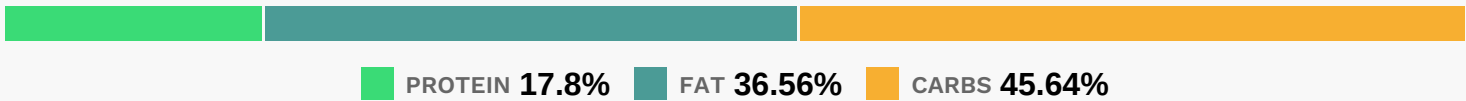
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300F. Wrap tortillas in foil and heat until warm and soft, about 10 minutes.
- ☐ Remove from oven and keep wrapped until ready to use.
- ☐ While tortillas are heating, warm vegetable oil in a medium skillet over medium heat.
- ☐ Add onion and cook, stirring frequently, until softened, 3 to 5 minutes. Stir in black beans, corn and cherry tomatoes and cook until completely heated through, about 5 minutes. Stir in lime juice. Season with salt to taste.
- ☐ Place a tortilla on counter. Spoon 1/4 of filling along center of tortilla.
- ☐ Sprinkle with 1/4 of cheese. Fold sides in over filling, then roll up tortilla to enclose. Repeat with remaining tortillas, filling and cheese.
- ☐ Cut burritos in half on diagonal.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:11.36, Inflammation Score:-7, Nutrition Score:21.524347574815%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 525.11kcal (26.26%), Fat: 21.58g (33.2%), Saturated Fat: 10.7g (66.86%), Carbohydrates: 60.61g (20.2%), Net Carbohydrates: 49.92g (18.15%), Sugar: 6.36g (7.07%), Cholesterol: 37.85mg (12.62%), Sodium: 1434.08mg (62.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.64g (47.29%), Phosphorus: 475.06mg (47.51%), Calcium: 464.16mg (46.42%), Fiber: 10.69g (42.76%), Folate: 157.69µg (39.42%), Vitamin B1: 0.54mg (35.66%), Manganese: 0.69mg (34.56%), Selenium: 23.59µg (33.7%), Vitamin B2: 0.53mg (31.31%), Iron: 5.14mg (28.55%), Vitamin B3: 4.38mg (21.91%), Magnesium: 72.35mg (18.09%), Vitamin C: 14.25mg (17.27%), Potassium: 592.85mg (16.94%), Copper: 0.33mg (16.32%), Zinc: 2.4mg (15.99%), Vitamin K: 11.38µg (10.83%), Vitamin A: 533.81IU (10.68%), Vitamin B6: 0.2mg (9.82%), Vitamin B5: 0.61mg (6.06%), Vitamin B12: 0.35µg (5.88%), Vitamin E: 0.55mg (3.68%), Vitamin D: 0.26µg (1.7%)