



Corned Beef, Cabbage and Kimchi Burrito



Gluten Free



Popular

READY IN



20 min.

SERVINGS



1

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 0.3 cup sauteed cabbage
- ☐ 0.3 pound corned beef ribs cooked cut into small pieces
- ☐ 1 handful jack and cheddar cheese grated
- ☐ 2 tablespoons kimchi chopped
- ☐ 2 tablespoons onion and cilantro relish
- ☐ 2 tablespoons avocado salsa verde
- ☐ 1 10-inch tortillas ()

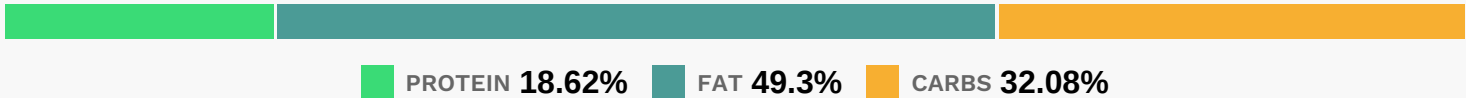
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Melt the butter in a pan over medium heat.
- ☐ Add the kimchi and saute until most of the moisture has evaporated, about 2–3 minutes. Assemble burrito and grill until lightly golden brown, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:182, Glycemic Load:11.6, Inflammation Score:-6, Nutrition Score:21.642608633832%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 510.51kcal (25.53%), Fat: 27.57g (42.41%), Saturated Fat: 10.2g (63.77%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 36.66g (13.33%), Sugar: 6.32g (7.03%), Cholesterol: 72.99mg (24.33%), Sodium: 2315.25mg (100.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.43g (46.86%), Selenium: 37.79µg (53.98%), Vitamin C: 39.72mg (48.14%), Vitamin B3: 7.64mg (38.18%), Vitamin B12: 2.04µg (33.96%), Vitamin K: 31.69µg (30.18%), Phosphorus: 300.1mg (30.01%), Iron: 5.32mg (29.58%), Vitamin B1: 0.42mg (28.28%), Vitamin B2: 0.46mg (26.83%), Zinc: 3.77mg (25.16%), Folate: 98.53µg (24.63%), Vitamin B6: 0.48mg (23.98%), Manganese: 0.42mg (21.12%), Potassium: 594.83mg (17%), Fiber: 3.7g (14.8%), Calcium: 139.77mg (13.98%), Copper: 0.22mg (10.8%), Magnesium: 39.89mg (9.97%), Vitamin B5: 0.83mg (8.32%), Vitamin A: 380.02IU (7.6%), Vitamin E: 0.19mg (1.24%)