



Crunchy Taco Burritos

READY IN



40 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1.3 cups water
- 1 cup milk
- 1 box crunchy peanut butter
- 0.3 cup milk
- 11 oz flour tortilla for burritos (8 count
- 0.3 cup spring onion sliced
- 1 large tomatoes chopped

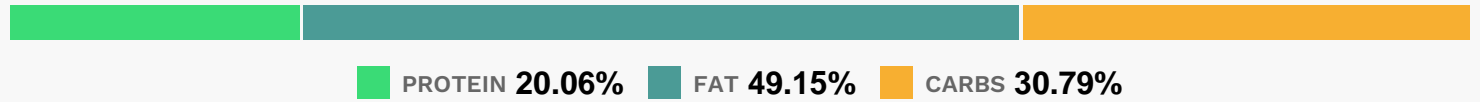
Equipment

- bowl
- frying pan

Directions

- In 10-inch skillet; cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in water, 1 cup milk and the sauce mix (from Hamburger Helper box) until blended.
- Heat to boiling. Stir in uncooked rice (from Hamburger Helper box).
- Reduce heat; cover and simmer about 25 minutes, stirring occasionally, until rice is tender.
- Meanwhile, in small bowl, stir milk and topping mix (from Hamburger Helper box) 30 seconds; set aside. Slightly crush corn chips (from Hamburger Helper box); set aside.
- Heat tortillas as directed on package. Spoon a generous 1/4 cup beef mixture down center of each warm tortilla; drizzle with cheese topping. Top with green onions, tomato and crushed corn chips. Fold bottom of each tortilla 1 inch over filling. Fold sides in, overlapping to enclose filling. Fold top over sides.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:9.47, Inflammation Score:-5, Nutrition Score:15.698260773783%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 391.81kcal (19.59%), Fat: 21.16g (32.56%), Saturated Fat: 8.35g (52.19%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 27.49g (10%), Sugar: 5.48g (6.09%), Cholesterol: 60.18mg (20.06%), Sodium: 459.47mg (19.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.86%), Selenium: 24.01µg (34.3%), Vitamin B12: 1.91µg (31.84%), Phosphorus: 291.14mg (29.11%), Vitamin B3: 5.78mg (28.91%), Zinc: 3.74mg (24.94%), Vitamin B1: 0.34mg (22.58%), Vitamin B2: 0.34mg (20.22%), Iron: 3.52mg (19.56%), Vitamin K: 19.16µg (18.25%), Vitamin B6:

0.34mg (16.81%), Calcium: 164.77mg (16.48%), Manganese: 0.31mg (15.65%), Folate: 62.41µg (15.6%), Potassium: 438.88mg (12.54%), Fiber: 2.34g (9.36%), Magnesium: 36mg (9%), Vitamin A: 395.91IU (7.92%), Vitamin B5: 0.7mg (7%), Copper: 0.13mg (6.6%), Vitamin C: 5.2mg (6.3%), Vitamin D: 0.67µg (4.48%), Vitamin E: 0.54mg (3.61%)