



## Crunchy Taco Burritos

READY IN



40 min.

SERVINGS



6

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 8-inch flour tortilla for burritos (; from two 11-oz packages)
- 0.3 cup spring onion sliced
- 1 lb ground beef 80% lean (at least )
- 0.3 cup milk
- 1 cup milk
- 1 box cheddar cheese
- 1 large tomatoes chopped
- 1.3 cups water

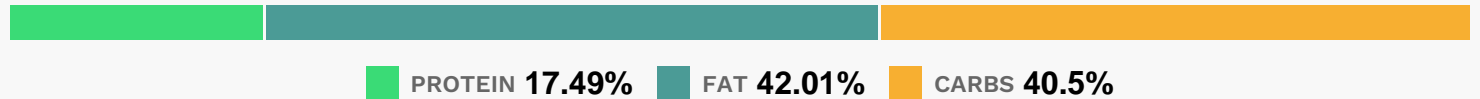
## Equipment

- 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:17.27, Inflammation Score:-6, Nutrition Score:21.139130125875%

## 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: 544.51kcal (27.23%), Fat: 25.12g (38.65%), Saturated Fat: 9.83g (61.41%), Carbohydrates: 54.51g (18.17%), Net Carbohydrates: 50.43g (18.34%), Sugar: 7.32g (8.14%), Cholesterol: 60.34mg (20.11%), Sodium: 827.86mg (35.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.53g (47.06%), Selenium: 35.17µg (50.25%), Vitamin B3: 7.97mg (39.85%), Phosphorus: 394.4mg (39.44%), Vitamin B1: 0.59mg (39.35%), Vitamin B12: 1.91µg (31.88%), Iron: 5.33mg (29.64%), Vitamin B2: 0.49mg (28.53%), Manganese: 0.56mg (27.86%), Folate: 109.3µg

(27.32%), Zinc: 4.01mg (26.71%), Calcium: 238.83mg (23.88%), Vitamin K: 22.77µg (21.68%), Vitamin B6: 0.37mg (18.26%), Fiber: 4.08g (16.31%), Potassium: 500.31mg (14.29%), Magnesium: 46.78mg (11.7%), Copper: 0.18mg (9.16%), Vitamin A: 397IU (7.94%), Vitamin B5: 0.78mg (7.81%), Vitamin C: 5.2mg (6.3%), Vitamin D: 0.67µg (4.49%), Vitamin E: 0.53mg (3.55%)