



Curried Kidney Bean Burritos



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce tomatoes diced drained canned
- ☐ 30 ounce kidney beans drained canned
- ☐ 0.5 teaspoon curry powder
- ☐ 4 8-inch flour tortillas ()
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 1 tablespoon jalapeno chopped
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion finely chopped

☐

1 teaspoon sugar

Equipment

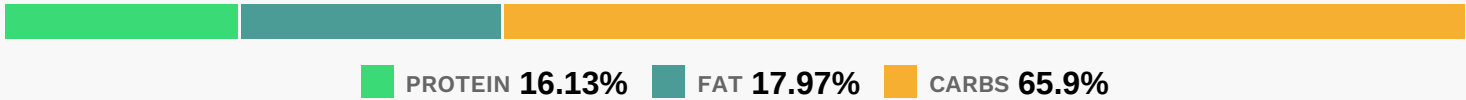
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frying pan

Directions

- ☐
- Heat oil in a large nonstick skillet over medium–high heat.
- ☐
- Add onion; saute for 6 minutes or until lightly browned.
- ☐
- Add jalapeno, sugar, curry, and tomatoes; cover, reduce heat, and simmer 10 minutes.
- ☐
- Add beans; cover and cook 3 minutes or until thoroughly heated; stir occasionally.
- ☐
- Remove from heat; stir in cilantro.
- ☐
- Warm tortillas according to package directions. Spoon 1 1/4 cups bean mixture down center of each tortilla, and roll up.

Nutrition Facts



Properties

Glycemic Index:63.02, Glycemic Load:20.48, Inflammation Score:-8, Nutrition Score:24.777391247127%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg

Nutrients (% of daily need)

Calories: 423.94kcal (21.2%), Fat: 8.72g (13.41%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 71.94g (23.98%), Net Carbohydrates: 55.62g (20.23%), Sugar: 14.42g (16.02%), Cholesterol: 0mg (0%), Sodium: 1216.35mg (52.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.61g (35.22%), Fiber: 16.32g (65.28%), Manganese: 1.12mg (56.06%), Vitamin B1: 0.6mg (40.28%), Phosphorus: 388.79mg (38.88%), Iron: 6.73mg (37.41%), Vitamin C: 29.76mg (36.07%), Folate: 132.52µg (33.13%), Potassium: 1104.3mg (31.55%), Copper: 0.53mg (26.74%), Magnesium: 104.84mg (26.21%), Vitamin B6: 0.52mg (25.95%), Vitamin B2: 0.42mg (24.66%), Vitamin B3: 4.9mg (24.48%), Calcium: 215.39mg (21.54%), Vitamin K: 21.95µg (20.9%), Selenium: 14.28µg (20.4%), Vitamin E: 2.15mg (14.32%),

Zinc: 1.99mg (13.3%), Vitamin B5: 0.69mg (6.89%), Vitamin A: 291.31IU (5.83%)