



WHATSheATe



Delicious Black Bean Burritos



Vegetarian



Popular

READY IN



25 min.

SERVINGS



2

CALORIES



702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 3 ounces cream cheese
- ☐ 2 10-inch flour tortillas ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon jalapeño peppers minced
- ☐ 1 small onion chopped
- ☐ 0.5 bell pepper red chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil

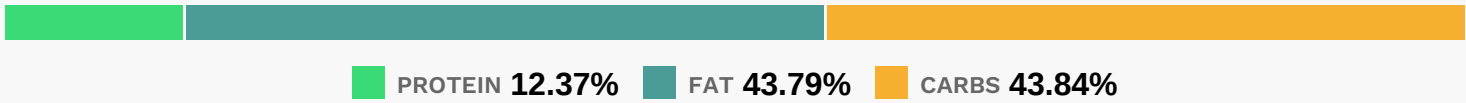
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Wrap tortillas in foil and place in oven heated to 350 degrees F (175 degrees C).
- ☐ Bake for 15 minutes or until heated through.
- ☐ Heat oil in a 10-inch skillet over medium heat.
- ☐ Place onion, bell pepper, garlic and jalapenos in skillet, cook for 2 minutes stirring occasionally.
- ☐ Pour beans into skillet, cook 3 minutes stirring.
- ☐ Cut cream cheese into cubes and add to skillet with salt. Cook for 2 minutes stirring occasionally. Stir cilantro into mixture.
- ☐ Spoon mixture evenly down center of warmed tortilla and roll tortillas up.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:107, Glycemic Load:12.82, Inflammation Score:-9, Nutrition Score:29.367825984955%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 701.53kcal (35.08%), Fat: 34.58g (53.2%), Saturated Fat: 12.9g (80.65%), Carbohydrates: 77.87g (25.96%), Net Carbohydrates: 59.42g (21.61%), Sugar: 7.05g (7.83%), Cholesterol: 42.95mg (14.32%), Sodium: 2049.67mg (89.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.98g (43.97%), Fiber: 18.45g (73.81%), Vitamin C: 49.95mg (60.55%), Folate: 220.63µg (55.16%), Manganese: 0.96mg (47.75%), Vitamin B1: 0.7mg (46.4%), Phosphorus: 440.35mg (44.04%), Iron: 6.88mg (38.2%), Vitamin B2: 0.59mg (34.66%), Vitamin K: 34.27µg (32.64%), Selenium: 22.46µg (32.09%), Vitamin A: 1565.86IU (31.32%), Potassium: 926.8mg (26.48%), Copper: 0.51mg (25.72%), Magnesium: 101.58mg (25.4%), Vitamin B3: 4.83mg (24.15%), Calcium: 231.64mg (23.16%), Vitamin B6: 0.34mg (17.01%), Vitamin E: 2.06mg (13.71%), Zinc: 1.89mg (12.6%), Vitamin B5: 0.9mg (9.05%), Vitamin B12: 0.09µg (1.56%)