




 **36%**
HEALTH SCORE

Double-Bean Burritos


 Vegetarian

READY IN




45 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado peeled cut into 6 slices
- 3.5 ounce brown rice
- 15 ounce black beans rinsed drained canned
- 12 cilantro leaves
- 6 10-inch flour tortilla ()
- 6 tablespoons mat bean (such as Frito Lay)
- 3 ounces monterrey jack cheese shredded with jalapeño peppers
- 1 cup salsa

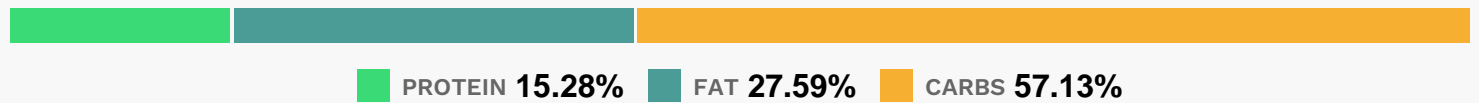
Equipment

- paper towels
- sauce pan
- microwave

Directions

- Cook rice according to package directions, omitting salt and fat.
- While rice cooks, combine salsa and black beans in a small saucepan; cook over medium heat 5 minutes or until thoroughly heated. Stack tortillas; wrap stack in damp paper towels. Microwave at high 25 seconds or until warm.
- Spread 1 tablespoon bean dip over each tortilla; top each tortilla with 1/4 cup rice, 1/3 cup black bean mixture, 2 tablespoons cheese, 1 avocado slice, and 2 cilantro sprigs; roll up.
- Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:18.28, Inflammation Score:0, Nutrition Score:23.678260857644%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 507.31kcal (25.37%), Fat: 15.73g (24.2%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 73.29g (24.43%), Net Carbohydrates: 62.25g (22.64%), Sugar: 4.57g (5.08%), Cholesterol: 12.62mg (4.21%), Sodium: 1165.88mg (50.69%), Alcohol: 0g (100%), Protein: 19.6g (39.19%), Manganese: 1.25mg (62.25%), Fiber: 11.04g (44.16%), Vitamin B1: 0.64mg (42.4%), Phosphorus: 394.55mg (39.46%), Folate: 146.24µg (36.56%), Iron: 6.13mg (34.05%), Magnesium: 118.21mg (29.55%), Calcium: 286.91mg (28.69%), Vitamin B3: 5.59mg (27.97%), Selenium: 19.15µg (27.35%), Vitamin K: 26.65µg (25.38%), Vitamin B2: 0.42mg (24.91%), Copper: 0.49mg (24.66%), Potassium: 818.77mg (23.39%), Vitamin B6: 0.34mg (17.2%), Vitamin A: 638.67IU (12.77%), Zinc: 1.83mg (12.23%), Vitamin B5:

1.1mg (10.98%), Vitamin E: 1.36mg (9.06%), Vitamin C: 7.46mg (9.05%), Vitamin B12: 0.12µg (1.96%)