



Easy Burrito Bake

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup water cold
- 16 oz refried beans traditional canned
- 2 cups rice cooked
- 0.5 cup salsa thick
- 8 oz cheddar cheese shredded
- 2 cups lettuce shredded
- 1 cup tomatoes chopped
- 0.3 cup olives ripe sliced

- 1 serving salsa
- 1 serving cream sour
- 2 cups frangelico

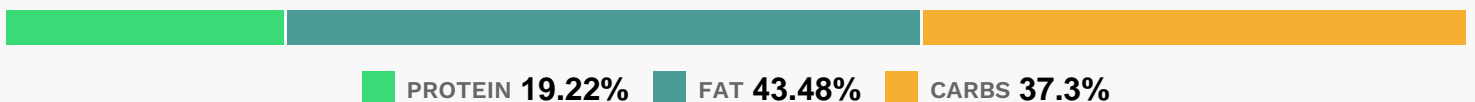
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375°F. Spray 13x9-inch pan with cooking spray.
- In medium bowl, stir Bisquick mix and cold water until soft dough forms. Press evenly in bottom of pan.
- Spread beans over crust. In small bowl, stir together rice and 1/2 cup salsa.
- Spread evenly over beans. Top with cheese.
- Bake 25 to 30 minutes or until cheese is melted and crust is golden brown. Top with lettuce, tomato and olives.
- Serve with additional salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:13.9, Inflammation Score:-5, Nutrition Score:7.5547826549281%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 225.84kcal (11.29%), Fat: 10.79g (16.6%), Saturated Fat: 5.72g (35.77%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 17.33g (6.3%), Sugar: 3.22g (3.58%), Cholesterol: 29.23mg (9.74%), Sodium: 714.41mg (31.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.46%), Calcium: 238.02mg (23.8%), Phosphorus: 162.68mg (16.27%), Selenium: 11.28µg (16.11%), Vitamin A: 699.75IU (14%), Fiber: 3.48g (13.93%), Manganese: 0.26mg (12.8%), Zinc: 1.34mg (8.94%), Vitamin B2: 0.15mg (8.68%), Vitamin K: 7.42µg (7.07%), Vitamin B6: 0.12mg (5.82%), Vitamin E: 0.77mg (5.17%), Vitamin B12: 0.3µg (5.06%), Magnesium: 19.5mg (4.88%), Iron: 0.87mg (4.81%), Potassium: 161.07mg (4.6%), Vitamin C: 3.45mg (4.19%), Folate: 16.18µg (4.04%), Copper: 0.07mg (3.65%), Vitamin B5: 0.35mg (3.51%), Vitamin B3: 0.54mg (2.72%), Vitamin B1: 0.04mg (2.58%), Vitamin D: 0.17µg (1.13%)