



WHATSheATE



Easy Burritos

READY IN



360 min.

SERVINGS



10

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound sirloin beef tips
- ☐ 16 6-inch flour tortilla ()
- ☐ 16 ounces monterrey jack cheese shredded
- ☐ 1 large onion sliced into rings
- ☐ 10 servings pico de gallo
- ☐ 2.5 ounce taco seasoning divided
- ☐ 10 servings tomatoes diced sour sliced
- ☐ 0.5 cup water

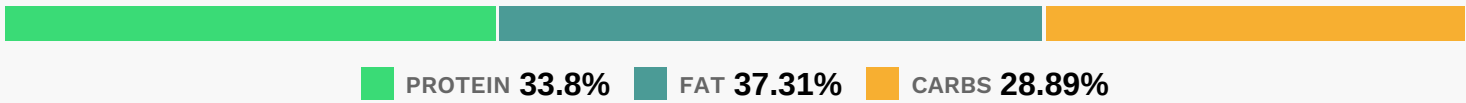
Equipment

- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Place onion in bottom of a 5-quart slow cooker; add roast and 1/2 cup water.
- ☐ Sprinkle 1 package taco seasoning mix over top of roast.
- ☐ Cover and cook on high 5 hours.
- ☐ Remove roast, and shred with two forks; return to slow cooker, and stir in remaining package of taco seasoning mix. Cover and cook on high for 30 more minutes or until boiling.
- ☐ Heat tortillas according to package directions. Using a slotted spoon, spoon beef mixture evenly down center of each tortilla; top with cheese and desired toppings, and roll up.
- ☐ Serve with Pico de Gallo.

Nutrition Facts



Properties

Glycemic Index:12.6, Glycemic Load:9.72, Inflammation Score:-9, Nutrition Score:32.369999947755%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Isorhamnetin: 0.75mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 543.11kcal (27.16%), Fat: 22.51g (34.63%), Saturated Fat: 11.68g (73.02%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 33.8g (12.29%), Sugar: 10.58g (11.76%), Cholesterol: 115.21mg (38.4%), Sodium: 1427.06mg (62.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.89g (91.78%), Selenium: 56.55µg (80.78%), Phosphorus: 624.06mg (62.41%), Vitamin B3: 11.9mg (59.52%), Vitamin B6: 1.08mg (54.04%), Vitamin A: 2607.28IU (52.15%), Zinc: 7.57mg (50.45%), Calcium: 457.48mg (45.75%), Vitamin C: 30.1mg (36.48%), Vitamin B12: 2.08µg (34.62%), Vitamin B2: 0.54mg (31.5%), Iron: 5.49mg (30.48%), Vitamin B1: 0.44mg (29.43%), Potassium: 1003.82mg

(28.68%), Folate: 99.46µg (24.87%), Manganese: 0.48mg (24.22%), Fiber: 5.43g (21.71%), Vitamin K: 20.37µg (19.4%), Magnesium: 75.52mg (18.88%), Copper: 0.31mg (15.52%), Vitamin B5: 1.21mg (12.07%), Vitamin E: 1.46mg (9.74%), Vitamin D: 0.27µg (1.81%)