



## Easy Corn and Black Bean Wraps

 Vegetarian

READY IN



20 min.

SERVINGS



10

CALORIES



276 kcal

SIDE DISH

### Ingredients

- 24 oz regular corn frozen
- 15 oz black beans rinsed drained canned
- 4 oz chilis green chopped canned
- 0.3 cup spring onion chopped (4 medium)
- 1 tablespoon juice of lime fresh
- 11 oz flour tortilla for burritos (8 count)
- 10 tablespoons cream sour
- 10 tablespoons salsa

10 tablespoons mozzarella cheese shredded

## Equipment

bowl

## Directions

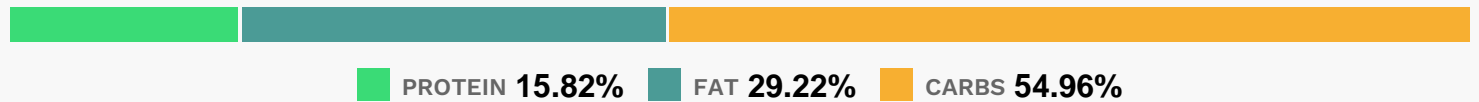
Cook frozen corn as directed on bag; cool.

In large bowl, mix corn, beans, chiles, green onions and lime juice.

Serve immediately, or cover and refrigerate until ready to serve.

To serve, spoon about 1/2 cup corn mixture on each tortilla; top with 1 tablespoon each of sour cream, salsa and cheese. Fold up bottom; fold sides in to enclose filling.

## Nutrition Facts



## Properties

Glycemic Index:14.85, Glycemic Load:12.01, Inflammation Score:-6, Nutrition Score:12.185217364975%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 275.76kcal (13.79%), Fat: 9.34g (14.36%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 33.3g (12.11%), Sugar: 5.5g (6.11%), Cholesterol: 18.76mg (6.25%), Sodium: 640.33mg (27.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.75%), Fiber: 6.21g (24.84%), Phosphorus: 231.52mg (23.15%), Folate: 81.17µg (20.29%), Manganese: 0.39mg (19.74%), Vitamin B1: 0.29mg (19.67%), Calcium: 159.82mg (15.98%), Selenium: 10.8µg (15.42%), Vitamin B3: 3.08mg (15.4%), Vitamin B2: 0.25mg (14.74%), Iron: 2.58mg (14.31%), Vitamin C: 10.1mg (12.24%), Magnesium: 47.07mg (11.77%), Potassium: 407.27mg (11.64%), Vitamin B6: 0.19mg (9.53%), Vitamin A: 472.13IU (9.44%), Zinc: 1.34mg (8.94%), Vitamin K: 8.89µg (8.47%), Copper: 0.16mg (8.2%), Vitamin B5: 0.77mg (7.75%), Vitamin B12: 0.36µg (6.04%), Vitamin E: 0.35mg (2.31%)