



Healthy & Delicious: Calabacitas Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 burrito sized tortillas whole wheat
- ☐ 14.5 oz black beans rinsed drained canned
- ☐ 1 cup corn kernels frozen
- ☐ 4 servings cotija cheese grated
- ☐ 2 cloves garlic minced
- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped

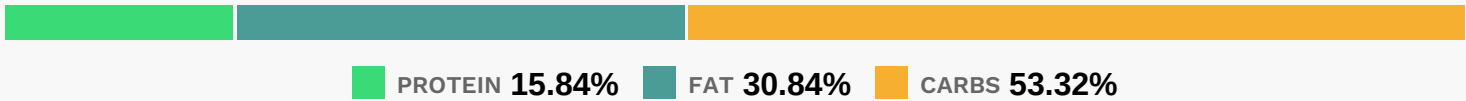
- ☐ 1 poblano pepper chopped
- ☐ 2 cups to 3 sized squashes yellow chopped quartered
- ☐ 2 cups zucchini chopped quartered

Equipment

Directions

- ☐ Heat oil over medium-high and cook onions for 4 minutes.
- ☐ Add garlic and cook 1 minute.
- ☐ Add zucchini and squash and cook another 4 minutes.
- ☐ Add poblano pepper and cook 8 to 10 more minutes.
- ☐ Add corn and cook until warmed, 2 minutes.
- ☐ Add black beans and cook until heated through and squash is tender enough for your taste, about 2 to 3 minutes.
- ☐ Remove from heat and season with salt and pepper to taste.
- ☐ Scoop calabacitas into burrito wrap, top with grated cheddar or cotija, and serve.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:11.08, Inflammation Score:-8, Nutrition Score:25.848260685154%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg

Nutrients (% of daily need)

Calories: 453.79kcal (22.69%), Fat: 15.93g (24.5%), Saturated Fat: 6.51g (40.69%), Carbohydrates: 61.95g (20.65%), Net Carbohydrates: 49.69g (18.07%), Sugar: 8.73g (9.7%), Cholesterol: 26.7mg (8.9%), Sodium: 1464.47mg

(63.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.4g (36.81%), Vitamin C: 50.56mg (61.28%), Fiber: 12.26g (49.03%), Folate: 183.37µg (45.84%), Manganese: 0.9mg (44.85%), Vitamin B2: 0.74mg (43.42%), Phosphorus: 415.8mg (41.58%), Vitamin B1: 0.59mg (39.64%), Calcium: 303.26mg (30.33%), Vitamin B6: 0.58mg (28.84%), Selenium: 20.05µg (28.64%), Iron: 5.07mg (28.16%), Potassium: 872.4mg (24.93%), Vitamin B3: 4.74mg (23.68%), Magnesium: 87.07mg (21.77%), Copper: 0.38mg (18.98%), Zinc: 2.33mg (15.56%), Vitamin K: 13.66µg (13.01%), Vitamin B5: 1.01mg (10.09%), Vitamin A: 496.92IU (9.94%), Vitamin B12: 0.51µg (8.45%), Vitamin E: 0.85mg (5.69%)