



Korean Short Rib Burrito



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

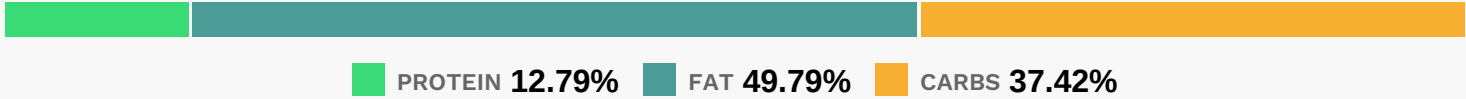
- ☐ 1 cup onion and cilantro relish
- ☐ 1 cup refried beans korean style
- ☐ 1 cup cilantro and lime rice
- ☐ 1 cup salsa roja korean style
- ☐ 1 cup lettuce in a korean sesame vinaigrette shredded
- ☐ 4 tablespoons sesame seed crushed toasted (and)
- ☐ 4 large tortillas

Equipment

Directions

☐ Assemble burritos.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:9.51, Inflammation Score:-8, Nutrition Score:27.395652159401%

Flavonoids

Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 434.77kcal (21.74%), Fat: 25.21g (38.78%), Saturated Fat: 4.08g (25.48%), Carbohydrates: 42.62g (14.21%), Net Carbohydrates: 31.16g (11.33%), Sugar: 7.33g (8.14%), Cholesterol: 0mg (0%), Sodium: 999.28mg (43.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.15%), Copper: 1.96mg (98.1%), Manganese: 1.39mg (69.72%), Calcium: 542.54mg (54.25%), Iron: 8.75mg (48.61%), Fiber: 11.46g (45.84%), Magnesium: 181.49mg (45.37%), Phosphorus: 384.71mg (38.47%), Vitamin B1: 0.56mg (37.28%), Selenium: 23.22µg (33.18%), Vitamin B6: 0.55mg (27.49%), Zinc: 3.91mg (26.06%), Folate: 84.46µg (21.11%), Vitamin B3: 4.2mg (21.01%), Potassium: 501.02mg (14.31%), Vitamin B2: 0.23mg (13.73%), Vitamin C: 11.18mg (13.55%), Vitamin A: 378.7IU (7.57%), Vitamin E: 0.97mg (6.45%), Vitamin K: 5.19µg (4.95%), Vitamin B5: 0.3mg (3.05%)