



Madonna's Favorite Burrito

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 avocado sliced
- 0.5 cup carrots cut into matchsticks
- 0.5 cup green lentils cooked
- 8 green beans cooked
- 1 cup the salad mixed loosely packed
- 0.3 cup sauerkraut store-bought
- 1 pinch sea salt
- 1 teaspoon sesame oil

- 0.3 cup spicy tofu (such as Vegenaïse)
- 2 tortillas

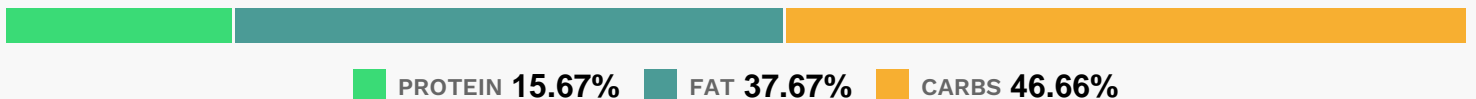
Equipment

- frying pan
- oven
- toaster

Directions

- Place lentils in a pan over medium-low heat with just enough water to cover bottom, and warm slowly, stirring constantly; set aside.
- Heat sesame oil over medium heat in a separate pan. Saut carrot, green beans, and sea salt for 2-3 minutes. (
- Add 1-2 tablespoons water, if needed.) Set aside. Warm up tortillas in a toaster oven.
- Spread tofu mayonnaise on tortillas. Fill with salad greens, carrot-green bean mixture, sauerkraut, sliced avocado, and lentils.
- Roll into burrito form.

Nutrition Facts



Properties

Glycemic Index:121.75, Glycemic Load:8.79, Inflammation Score:-10, Nutrition Score:22.037826206373%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 311.04kcal (15.55%), Fat: 13.54g (20.83%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 26.39g (9.59%), Sugar: 5.15g (5.72%), Cholesterol: 0mg (0%), Sodium: 392.05mg (17.05%), Alcohol: 0g (100%), Protein: 12.67g (25.34%), Vitamin A: 5806.21IU (116.12%), Folate: 200.96µg (50.24%), Fiber: 11.34g (45.37%), Manganese: 0.66mg (33.06%), Vitamin K: 29.98µg (28.55%), Iron: 4.42mg (24.54%), Phosphorus: 225.3mg (22.53%), Vitamin B1: 0.33mg (22.23%), Vitamin C: 17.73mg (21.5%), Potassium: 712.86mg (20.37%), Vitamin B6: 0.37mg (18.32%), Vitamin B3: 3.44mg (17.19%), Copper: 0.33mg (16.59%), Vitamin B2: 0.25mg (14.61%), Magnesium: 56.31mg (14.08%), Vitamin B5: 1.3mg (13.02%), Selenium: 8.9µg (12.71%), Calcium: 126.45mg (12.65%), Vitamin E: 1.46mg (9.73%), Zinc: 1.44mg (9.58%)