



Make Ahead Lunch Wraps

 Vegetarian

READY IN



65 min.

SERVINGS



16

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups brown rice uncooked
- ☐ 60 ounce black beans canned
- ☐ 31 ounce pinto beans canned
- ☐ 10 ounce canned tomatoes diced green canned
- ☐ 16 10-inch flour tortillas ()
- ☐ 1 pound pepper jack cheese shredded
- ☐ 4 cups water
- ☐ 10 ounce kernel corn whole canned

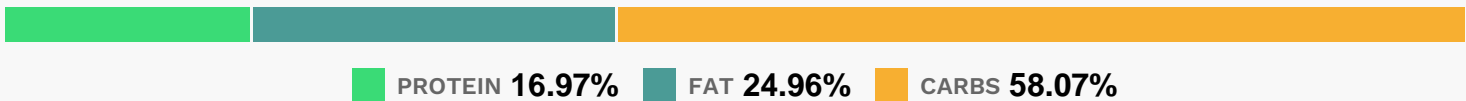
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap
- ☐ microwave
- ☐ colander

Directions

- ☐ Combine rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 35 to 40 minutes, or until tender.
- ☐ Remove from heat, and cool.
- ☐ Place black beans and pinto beans into a colander or strainer, and rinse.
- ☐ Add corn and diced tomatoes with green chilies, and toss to mix.
- ☐ Transfer to a large bowl, and mix in rice and cheese.
- ☐ Divide the mixture evenly among the tortillas, and roll up. Wrap individually in plastic wrap, place into a large freezer bag, and freeze. Reheat as needed in the microwave for lunch or snacks.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:24.11, Inflammation Score:-7, Nutrition Score:25.070434648058%

Nutrients (% of daily need)

Calories: 566.48kcal (28.32%), Fat: 15.74g (24.21%), Saturated Fat: 7.78g (48.6%), Carbohydrates: 82.4g (27.47%), Net Carbohydrates: 68.95g (25.07%), Sugar: 4.08g (4.53%), Cholesterol: 25.23mg (8.41%), Sodium: 1296.91mg (56.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.08g (48.16%), Manganese: 1.7mg (85.13%), Fiber: 13.46g (53.82%), Phosphorus: 511.05mg (51.11%), Vitamin B1: 0.65mg (43.19%), Folate: 161.13µg (40.28%), Calcium: 392.7mg (39.27%), Iron: 6.27mg (34.83%), Selenium: 21.21µg (30.3%), Magnesium: 118.44mg (29.61%), Vitamin B2:

0.47mg (27.44%), Vitamin B3: 5.3mg (26.52%), Copper: 0.49mg (24.41%), Potassium: 725.62mg (20.73%), Zinc: 2.69mg (17.91%), Vitamin B6: 0.31mg (15.51%), Vitamin B5: 0.85mg (8.48%), Vitamin K: 7.84µg (7.47%), Vitamin C: 5.19mg (6.29%), Vitamin A: 260.35IU (5.21%), Vitamin E: 0.61mg (4.06%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.17µg (1.13%)