



Mexican Bean Wraps

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



258 kcal

SIDE DISH

Ingredients

- 16 oz refried beans traditional canned
- 0.5 cup salsa thick
- 0.5 teaspoon chili powder
- 11 oz flour tortilla for burritos (8 count)
- 1 cup lettuce shredded
- 2 oz monterrey jack cheese shredded
- 1 serving cherry tomatoes quartered

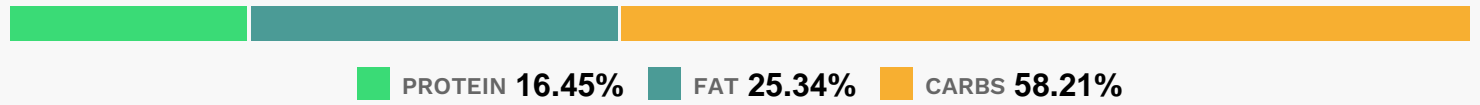
Equipment

sauce pan

Directions

- In 1-quart saucepan, mix beans, salsa and chili powder.
- Heat over medium heat about 5 minutes, stirring occasionally, until warm.
- Spoon about 1/4 cup bean mixture onto center of each tortilla; spread slightly. Top with lettuce, cheese and tomatoes. Fold over sides of tortillas. If desired, serve with additional salsa.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:10.15, Inflammation Score:-5, Nutrition Score:9.8378261172253%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 257.81kcal (12.89%), Fat: 7.12g (10.96%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 31.06g (11.29%), Sugar: 5.55g (6.17%), Cholesterol: 8.41mg (2.8%), Sodium: 1022.7mg (44.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.81%), Fiber: 5.76g (23.04%), Selenium: 13.32µg (19.04%), Vitamin B1: 0.28mg (18.98%), Calcium: 182.82mg (18.28%), Phosphorus: 165.76mg (16.58%), Iron: 2.97mg (16.51%), Manganese: 0.33mg (16.3%), Folate: 58.16µg (14.54%), Vitamin B3: 2.71mg (13.57%), Vitamin B2: 0.2mg (11.79%), Vitamin A: 469.69IU (9.39%), Vitamin K: 8.65µg (8.24%), Vitamin C: 6.37mg (7.72%), Potassium: 202.47mg (5.78%), Vitamin B6: 0.1mg (5.21%), Magnesium: 20.54mg (5.14%), Copper: 0.09mg (4.72%), Zinc: 0.66mg (4.41%), Vitamin E: 0.51mg (3.41%), Vitamin B5: 0.19mg (1.93%), Vitamin B12: 0.08µg (1.31%)