



Mexican Tofu Burritos

 Vegetarian

READY IN



17 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 teaspoons cider vinegar
- ☐ 10.5 ounce extra-firm tofu light drained cut into 1/2- inch cubes
- ☐ 4 8-inch flour tortillas low-fat ()
- ☐ 0.3 cup green onions sliced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 2 ounces pre-shredded monterey jack cheese reduced-fat

- ☐ 1 cup onion sliced (1)
- ☐ 1 cup bell pepper green red chopped (1)
- ☐ 0.5 cup chunky salsa with cilantro
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vegetable oil
- ☐ 1 cup zucchini chopped (1)

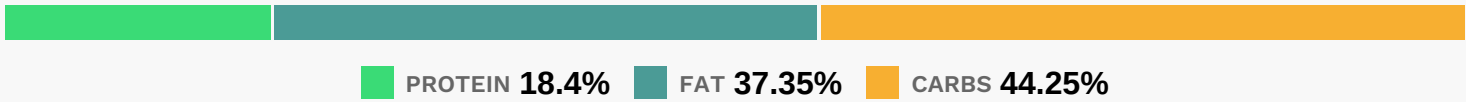
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle tofu with cumin, chili powder, and vinegar. Toss gently to coat; set aside.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add 1 cup onion; saut 2 minutes.
- ☐ Add bell pepper and zucchini; saut 4 minutes. Stir in tofu mixture, salsa, and salt; cook 2 minutes, stirring occasionally.
- ☐ Remove from heat.
- ☐ Warm tortillas according to package directions. Spoon about 3/4 cup tofu mixture down center of each tortilla. Top with 1 tablespoon each of green onions and sour cream, and 2 tablespoons cheese; roll up.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:9.13, Inflammation Score:-8, Nutrition Score:17.214782652648%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg

Nutrients (% of daily need)

Calories: 333.26kcal (16.66%), Fat: 14.02g (21.56%), Saturated Fat: 5.8g (36.28%), Carbohydrates: 37.37g (12.46%), Net Carbohydrates: 32.91g (11.97%), Sugar: 7.54g (8.37%), Cholesterol: 17.65mg (5.88%), Sodium: 893.13mg (38.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.08%), Vitamin C: 40.42mg (49%), Phosphorus: 300.36mg (30.04%), Vitamin B1: 0.4mg (26.4%), Calcium: 261.6mg (26.16%), Vitamin K: 27.34µg (26.04%), Manganese: 0.48mg (24.2%), Iron: 3.83mg (21.27%), Selenium: 14.6µg (20.85%), Folate: 76.33µg (19.08%), Vitamin B2: 0.31mg (18.46%), Fiber: 4.46g (17.83%), Vitamin B3: 3.3mg (16.48%), Potassium: 546.45mg (15.61%), Vitamin B6: 0.31mg (15.4%), Copper: 0.3mg (15.06%), Magnesium: 58.71mg (14.68%), Vitamin A: 729.69IU (14.59%), Zinc: 1.57mg (10.44%), Vitamin E: 1.09mg (7.24%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.18µg (2.97%)