



Mini Baked Steak Burritos

READY IN



45 min.

SERVINGS



5

CALORIES



867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 3 medium spring onion thinly sliced
- 14.7 oz old el taco dinner kit
- 16 oz refried beans canned
- 6 oz cheddar cheese shredded
- 4 oz cheddar cheese shredded
- 1 lb sirloin tip boneless cut into thin bite-size strips

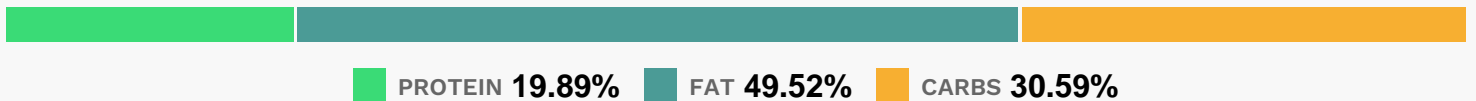
Equipment

- frying pan
- oven
- microwave
- glass baking pan

Directions

- Heat oven to 400F. In 10-inch nonstick skillet, melt butter over medium heat. Stir in beef; sprinkle with seasoning mix (from dinner kit). Cook 10 to 12 minutes, stirring occasionally, until desired beef doneness; drain. Meanwhile, place refried beans in microwavable dish. Microwave uncovered on High 2 minutes, stirring once or twice.
- Spread beans over each tortilla (from dinner kit) to within 1/4 inch of edges. Top with beef, Cheddar cheese and onions.
- Roll up, folding in sides.
- Place seam sides down in ungreased 13x9-inch (3-quart) glass baking dish.
- Pour fajita sauce (from dinner kit) on top.
- Sprinkle with Mexican cheese blend.
- Bake 15 to 20 minutes or until burritos are hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:28.6, Glycemic Load:26.51, Inflammation Score:-7, Nutrition Score:24.673912836158%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 867.27kcal (43.36%), Fat: 47.12g (72.49%), Saturated Fat: 27.41g (171.3%), Carbohydrates: 65.5g (21.83%), Net Carbohydrates: 60.62g (22.04%), Sugar: 43.38g (48.2%), Cholesterol: 120.05mg (40.02%), Sodium: 1032.66mg (44.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.64mg (3.88%), Protein: 42.59g (85.18%), Selenium: 45.64µg (65.2%), Vitamin B12: 3.71µg (61.91%), Phosphorus: 570.73mg (57.07%), Calcium: 536.58mg (53.66%), Zinc: 7.25mg (48.32%), Vitamin B2: 0.59mg (34.77%), Vitamin B6: 0.62mg (31.21%), Vitamin B3: 5.73mg (28.67%),

Vitamin K: 24.52µg (23.35%), Iron: 4.13mg (22.94%), Fiber: 4.88g (19.5%), Vitamin A: 923.05IU (18.46%), Magnesium: 70.28mg (17.57%), Potassium: 614.98mg (17.57%), Vitamin B5: 1.48mg (14.85%), Copper: 0.3mg (14.81%), Vitamin B1: 0.19mg (12.7%), Folate: 33.9µg (8.48%), Vitamin E: 0.97mg (6.48%), Manganese: 0.12mg (5.8%), Vitamin D: 0.32µg (2.12%), Vitamin C: 1.7mg (2.06%)