



New Mexican Black Bean Burritos

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup onion chopped
- 6 garlic clove finely chopped
- 15 oz black beans rinsed mashed drained canned
- 1 teaspoon chipotles in adobo drained finely chopped
- 4 8-inch flour tortilla fat-free (6 to 8 in diameter)
- 2 oz mozzarella cheese shredded reduced-fat
- 1 cup tomatoes chopped

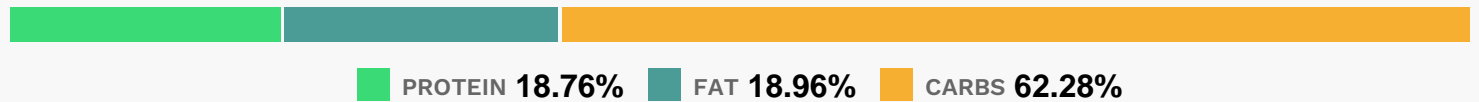
Equipment

frying pan

Directions

- Spray 10-inch skillet with cooking spray; heat over medium heat. Cook onion and garlic in skillet about 5 minutes, stirring occasionally, until onion is tender but not brown. Stir in beans and chilies; cook until hot.
- Place one-fourth of the bean mixture on center of each tortilla. Top with cheese and tomato.
- Fold one end of tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold remaining end down.
- Place seam side down on serving platter or plate.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:9.58, Inflammation Score:-7, Nutrition Score:16.507826060057%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 319.05kcal (15.95%), Fat: 6.78g (10.43%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 50.07g (16.69%), Net Carbohydrates: 39.61g (14.4%), Sugar: 4.86g (5.4%), Cholesterol: 9.07mg (3.02%), Sodium: 875.57mg (38.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.09g (30.17%), Fiber: 10.47g (41.87%), Manganese: 0.67mg (33.52%), Folate: 127.39µg (31.85%), Phosphorus: 312.93mg (31.29%), Vitamin B1: 0.45mg (29.94%), Calcium: 243.59mg (24.36%), Iron: 4.19mg (23.3%), Selenium: 15.64µg (22.34%), Vitamin B2: 0.34mg (19.83%), Potassium: 567.82mg (16.22%), Vitamin B3: 3.23mg (16.14%), Copper: 0.31mg (15.59%), Magnesium: 60.91mg (15.23%), Vitamin C: 12.34mg (14.95%), Vitamin B6: 0.23mg (11.6%), Zinc: 1.42mg (9.46%), Vitamin A: 383.99IU (7.68%), Vitamin K: 7.08µg (6.74%), Vitamin B5: 0.4mg (4%), Vitamin B12: 0.12µg (1.94%), Vitamin E: 0.23mg (1.55%)