



No Bull Burritos

READY IN



15 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 10-inch flour tortillas ()
- 0.3 teaspoon garlic powder
- 0.5 pound ground beef
- 0.5 teaspoon oregano dried
- 16 ounce refried beans canned
- 0.5 cup salsa prepared
- 2 cups mexican blend cheese shredded

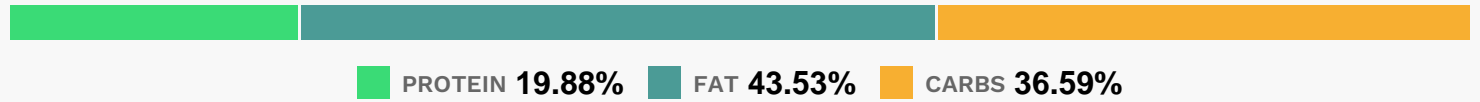
Equipment

- frying pan
- microwave

Directions

- Place the ground beef in a large skillet set over medium-high heat. Season with garlic powder and oregano, and cook, stirring to crumble, until no longer pink.
- Drain off grease, then reduce the heat to medium-low and stir in the refried beans and salsa. Cook until heated through.
- Warm the flour tortillas for 2 minutes in the microwave, or until pliable. Spoon 1/4 cup of the beef mixture into the center, top with shredded cheese, and roll up, folding in the ends when you get to the halfway point.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:12.89, Inflammation Score:-6, Nutrition Score:16.416956497275%

Nutrients (% of daily need)

Calories: 501.65kcal (25.08%), Fat: 23.84g (36.68%), Saturated Fat: 11.3g (70.62%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 38.99g (14.18%), Sugar: 5.78g (6.42%), Cholesterol: 62.3mg (20.77%), Sodium: 1344.08mg (58.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.5g (49.01%), Calcium: 388.81mg (38.88%), Selenium: 27.11µg (38.73%), Phosphorus: 375.14mg (37.51%), Vitamin B1: 0.39mg (25.69%), Vitamin B3: 4.99mg (24.93%), Fiber: 6.1g (24.39%), Iron: 4.33mg (24.08%), Vitamin B2: 0.38mg (22.36%), Vitamin B12: 1.27µg (21.14%), Zinc: 3.13mg (20.84%), Manganese: 0.39mg (19.59%), Folate: 74.62µg (18.65%), Vitamin B6: 0.23mg (11.41%), Magnesium: 34.96mg (8.74%), Vitamin A: 415.61IU (8.31%), Vitamin K: 8.6µg (8.19%), Potassium: 280.78mg (8.02%), Copper: 0.12mg (6.05%), Vitamin B5: 0.44mg (4.44%), Vitamin E: 0.54mg (3.63%), Vitamin D: 0.22µg (1.5%)