



Panfried Bean Burritos

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4 servings cup heavy whipping cream sour
- ☐ 4 10-inch flour tortilla ()
- ☐ 2 garlic clove unpeeled
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.3 cups monterrey jack cheese grated
- ☐ 0.5 teaspoon oregano dried crumbled
- ☐ 1 bell pepper red trimmed quartered

- ☐ 16 ounce refried beans canned
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon serrano chiles fresh minced
- ☐ 2 medium tomatoes (10 ounces total)
- ☐ 0.5 cup vegetable oil
- ☐ 1 large onion white thick

Equipment

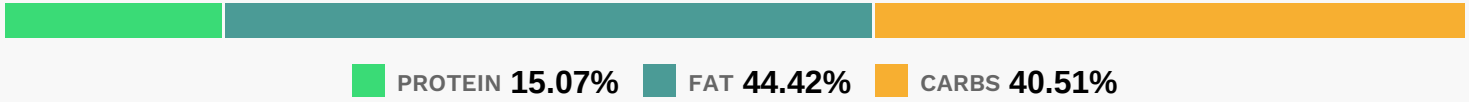
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ tongs

Directions

- ☐ Preheat oven to 200°F. Put an ovenproof platter in oven to warm.
- ☐ Heat dry comal over moderate heat until hot but not smoking, then cook tomatoes, onion, bell pepper, and garlic, turning with tongs, until all are blackened in spots, 10 to 15 minutes. 3
- ☐ Remove from heat, then transfer tomatoes and 2 onion slices to a blender. Peel garlic and add to blender along with lime juice, chile, and 1/2 teaspoon salt. Blend until coarsely puréed, then transfer salsa to a bowl.
- ☐ Cut bell pepper into 1/2-inch-wide strips, then halve remaining 2 onion slices and separate layers. Toss bell pepper and onion with oregano, pepper, and remaining 1/4 teaspoon salt in a bowl.
- ☐ Spread one fourth of refried beans on a tortilla, leaving a 1-inch border all around, then sprinkle with one fourth of cheese. Arrange one fourth of onion and pepper mixture in a horizontal strip across center, then fold side nearest you over them and roll up tortilla. Make 3 more burritos in same manner.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then fry 2 burritos, seam side down, until lightly browned on undersides, 1 to 2 minutes. Turn over with

- tongs and fry until golden, 1 to 2 minutes more.
- ☐ Transfer to paper towels to drain briefly, then keep warm on platter in oven. Fry remaining 2 burritos in same manner.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:15.85, Inflammation Score:-9, Nutrition Score:21.78043466029%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 559.03kcal (27.95%), Fat: 27.43g (42.2%), Saturated Fat: 13.13g (82.04%), Carbohydrates: 56.27g (18.76%), Net Carbohydrates: 46.87g (17.05%), Sugar: 10.61g (11.79%), Cholesterol: 48.38mg (16.13%), Sodium: 1825.41mg (79.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.94g (41.89%), Vitamin C: 51.19mg (62.05%), Calcium: 437.64mg (43.76%), Vitamin A: 2041.98IU (40.84%), Fiber: 9.4g (37.6%), Phosphorus: 346.55mg (34.65%), Selenium: 21.63µg (30.9%), Vitamin B1: 0.42mg (28.08%), Manganese: 0.55mg (27.5%), Folate: 103.93µg (25.98%), Vitamin B2: 0.41mg (24.38%), Iron: 4.34mg (24.11%), Vitamin K: 24.66µg (23.48%), Vitamin B3: 3.87mg (19.36%), Vitamin B6: 0.28mg (14.03%), Potassium: 409.63mg (11.7%), Zinc: 1.74mg (11.6%), Magnesium: 41.65mg (10.41%), Vitamin E: 1.54mg (10.3%), Copper: 0.15mg (7.53%), Vitamin B12: 0.32µg (5.28%), Vitamin B5: 0.44mg (4.4%), Vitamin D: 0.45µg (3.01%)