



WHATSheATE



HEALTH SCORE

75%

Pineapple Dak Bulgogi Burrito (Korean Spicy Pineapple BBQ Chicken Burrito)



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup black beans
- ☐ 1 cup cheddar and jack cheese grated ()
- ☐ 1 cup onion and cilantro relish
- ☐ 1 pound pineapple dak bulgogi (Korean pineapple BBQ chicken)
- ☐ 1 cup cilantro and lime rice
- ☐ 0.3 cup salsa roja korean style
- ☐ 1 cup lettuce in a korean sesame vinaigrette shredded

☐ 4 10-inch tortillas ()

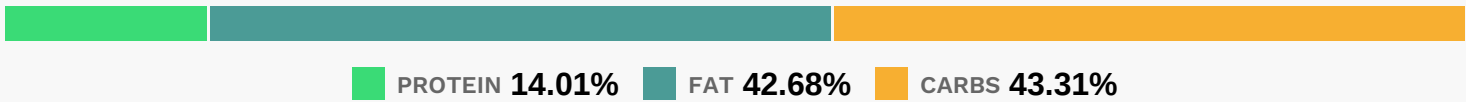
Equipment

☐ grill

Directions

☐ Assemble burritos and grill if desired.

Nutrition Facts



Properties

Glycemic Index:60.92, Glycemic Load:23.64, Inflammation Score:-9, Nutrition Score:38.763043419175%

Flavonoids

Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 675.82kcal (33.79%), Fat: 33.27g (51.18%), Saturated Fat: 10.14g (63.4%), Carbohydrates: 75.97g (25.32%), Net Carbohydrates: 62.12g (22.59%), Sugar: 16.74g (18.6%), Cholesterol: 25.14mg (8.38%), Sodium: 799.07mg (34.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.15%), Manganese: 2.59mg (129.27%), Copper: 1.87mg (93.45%), Vitamin C: 64.46mg (78.13%), Calcium: 726.59mg (72.66%), Phosphorus: 595.9mg (59.59%), Vitamin B1: 0.88mg (58.58%), Fiber: 13.85g (55.39%), Iron: 9.73mg (54.05%), Magnesium: 206.24mg (51.56%), Folate: 201.91µg (50.48%), Selenium: 33.68µg (48.11%), Zinc: 4.87mg (32.46%), Vitamin B6: 0.6mg (30.17%), Vitamin B3: 5.87mg (29.37%), Vitamin B2: 0.48mg (28.39%), Potassium: 686.94mg (19.63%), Vitamin A: 379.77IU (7.6%), Vitamin K: 7.53µg (7.17%), Vitamin B5: 0.67mg (6.73%), Vitamin B12: 0.23µg (3.91%), Vitamin E: 0.45mg (2.99%), Vitamin D: 0.17µg (1.13%)