



Poblano and Refried Bean Burritos

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb avocados pitted peeled
- 0.3 cup cilantro leaves chopped
- 6 6-inch flour tortillas warmed ()
- 1 clove garlic minced
- 1 cup monterrey jack cheese shredded kraft
- 6 poblano chiles deveined seeded chopped
- 2 Tbsp classic ranch dressing kraft
- 1.5 cups refried beans

0.5 cup salsa

Equipment

bowl

Directions

- Mash avocados with the dressing and garlic in medium bowl until well blended. Stir in the cilantro.
- Spread 2 Tbsp. of the avocado mixture onto each tortilla; top with 1/3 cup of the combined chiles and refried beans and 1 Tbsp. of the cheese.
- Roll up, tucking in both sides of each tortilla as you roll it up.
- Top with any remaining avocado mixture and cheese.
- Serve with the salsa.

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:2.17, Inflammation Score:-4, Nutrition Score:6.7500000537738%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 112.71kcal (5.64%), Fat: 6.51g (10.01%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 7.29g (2.65%), Sugar: 2.14g (2.38%), Cholesterol: 5.42mg (1.81%), Sodium: 262.57mg (11.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin C: 31.2mg (37.81%), Fiber: 3.32g (13.29%), Vitamin K: 11.1µg (10.57%), Vitamin B6: 0.16mg (8.1%), Folate: 31.87µg (7.97%), Calcium: 70.17mg (7.02%), Phosphorus: 67.75mg (6.78%), Manganese: 0.13mg (6.61%), Potassium: 207.67mg (5.93%), Vitamin B1: 0.08mg (5.64%), Vitamin A: 268.87IU (5.38%), Vitamin B2: 0.09mg (5.34%), Vitamin B3: 1.05mg (5.23%), Vitamin E: 0.73mg (4.89%), Iron: 0.81mg (4.52%), Selenium: 3.05µg (4.36%), Copper: 0.08mg (4.16%), Vitamin B5: 0.4mg (4.04%),

Magnesium: 14.79mg (3.7%), Zinc: 0.43mg (2.85%)