



Quick chilli bean wraps



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



309 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small onion sliced
- ☐ 1 tbsp vegetable oil
- ☐ 400 g beans mixed drained and rinsed canned
- ☐ 400 g canned tomatoes chopped canned
- ☐ 30 g sachet fajita seasoning (we like Discovery)
- ☐ 8 corn tortillas wraps good soft (Old El Paso are)
- ☐ 4 servings cheese grated
- ☐ 1 handful coriander roughly chopped

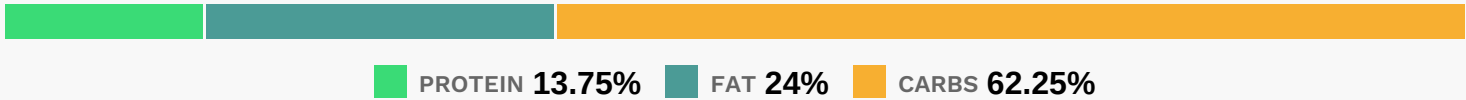
Equipment

☐ microwave

Directions

- ☐ Gently fry onions for 5 mins in oil, until softened. Tip in beans, tomatoes and seasoning, then simmer for 10 mins, stirring occasionally.
- ☐ Meanwhile, warm the wraps in the microwave on High for 1 min.
- ☐ Take a large spoonful of beans and spoon along the centre of each wrap. Top with some grated cheese, a spoonful of guacamole and soured cream and a sprinkling of coriander or parsley. Wrap into a cigar shape and eat straight away.

Nutrition Facts



Properties

Glycemic Index:53.63, Glycemic Load:17.64, Inflammation Score:-10, Nutrition Score:22.013913067787%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 308.56kcal (15.43%), Fat: 8.84g (13.6%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 38.17g (13.88%), Sugar: 8.64g (9.6%), Cholesterol: 7.08mg (2.36%), Sodium: 421.38mg (18.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.78%), Vitamin A: 4052.68IU (81.05%), Fiber: 13.42g (53.68%), Manganese: 0.79mg (39.55%), Phosphorus: 339.51mg (33.95%), Iron: 4.84mg (26.88%), Vitamin B6: 0.53mg (26.59%), Vitamin E: 3.95mg (26.34%), Magnesium: 104mg (26%), Potassium: 866.48mg (24.76%), Vitamin K: 25.03µg (23.83%), Copper: 0.47mg (23.74%), Vitamin B1: 0.27mg (17.72%), Vitamin B3: 3.29mg (16.47%), Vitamin B2: 0.27mg (15.97%), Vitamin C: 11.74mg (14.23%), Calcium: 139.11mg (13.91%), Zinc: 1.97mg (13.14%), Folate: 49.94µg (12.48%), Selenium: 5.89µg (8.41%), Vitamin B5: 0.72mg (7.2%)