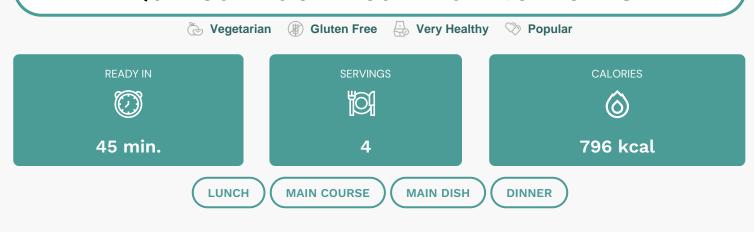


Quinoa Black Bean Burrito Bowls



Ingredients

| 4 servings avocado sliced |
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| 30 oz black beans rinsed drained canned |
| 1 pinch ground pepper (spicy) |
| 0.3 tsp chili powder (mild) |
| 4 servings regular corn |
| 0.3 cup cilantro leaves fresh chopped |
| 1 clove garlic minced |
| 4 servings greek yogurt sour |

| | 4 servings guacamole | |
|------------|--|--|
| | 4 servings hot sauce | |
| | 4 servings monterrey jack cheese grated | |
| | 1 cup lettuce shredded | |
| | 0.3 cup juice of lime fresh | |
| | 1 tbsp olive oil | |
| | 0.3 cup onion minced | |
| | 4 servings pico de gallo | |
| | 1 cup quinoa | |
| | 4 servings salt | |
| | 4 servings tomatoes diced seeded | |
| Equipment | | |
| | bowl | |
| | sauce pan | |
| | pot | |
| | sieve | |
| Directions | | |
| | Rinse the quinoa thoroughly in a mesh strainer or sieve, drain. | |
| | Pour quinoa into a saucepan along with 2 cups of water. Bring the quinoa to a boil, then reduce heat to a low simmer. Cover the pot. | |
| | Let the quinoa simmer for about 20 minutes till it becomes tender and all the liquid has been absorbed. Keep a close eye to make sure the quinoa doesn't burn. While quinoa is cooking, heat 1 tbsp of oil in another saucepan over medium heat. | |
| | Pour minced onion into the saucepan and saute for a few minutes till it softens and begins to turn brown. | |
| | Add the minced garlic to the pot and let it saute for 1-2 minutes longer till aromatic. | |
| | Add the black beans to the pot of onions along with 1/2 cup water, 2 tbsp of chopped fresh cilantro, chili powder and cayenne pepper. Bring the beans to a boil, then reduce heat to | |
| | | |

| medium low. |
|---|
| Let the beans simmer for 15 minutes till the liquid is mostly evaporated. Stir in 2 tbsp of fresh |
| lime juice. Season with salt to taste. When the quinoa is fully cooked, remove from heat and |
| fluff with a fork. Use the fork to mix in 2 tbsp of chopped cilantro and 2 tbsp fresh lime juice. |
| Season with salt to taste. Assemble your burrito bowls. Divide the cilantro lime quinoa |
| between four bowls.Top each portion of quinoa with 1/4 cup of shredded lettuce.Top each |
| portion of lettuce with simmered black beans. Top the black beans with your choice of |
| Optional Topping Ingredients (ideas listed above). |
| Serve warm. |
| Nutrition Foots |
| Nutrition Facts |
| |
| PROTEIN 22.25% FAT 26.13% CARBS 51.62% |

Properties

Glycemic Index:88.38, Glycemic Load:10.9, Inflammation Score:-10, Nutrition Score:49.983912967145%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.33mg, Epicatechin: 0.35mg, Hesperetin: 1.36mg, Hesperetin: 1.28mg, Naringenin: 1.28mg,

Nutrients (% of daily need)

Calories: 795.99kcal (39.8%), Fat: 24.18g (37.21%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 107.48g (35.83%), Net Carbohydrates: 78.5g (28.55%), Sugar: 18.38g (20.43%), Cholesterol: 10.89mg (3.63%), Sodium: 1256.5mg (54.63%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 46.33g (92.66%), Fiber: 28.98g (115.91%), Manganese: 1.91mg (95.68%), Folate: 357.95µg (89.49%), Phosphorus: 866.14mg (86.61%), Vitamin B2: 1.18mg (69.38%), Potassium: 2331.18mg (66.61%), Magnesium: 253.74mg (63.43%), Vitamin C: 52.26mg (63.34%), Copper: 1.05mg (52.4%), Vitamin B6: 1mg (50.19%), Vitamin B1: 0.72mg (47.94%), Vitamin A: 2199.68IU (43.99%), Vitamin K: 45.65µg (43.48%), Iron: 7.71mg (42.83%), Selenium: 27.12µg (38.74%), Calcium: 366.72mg (36.67%), Vitamin B1: 1.41µg (23.47%)