




 **83%**
HEALTH SCORE

Quinoa Black Bean Burrito Bowls


 Vegetarian  Gluten Free  Very Healthy  Popular

READY IN




45 min.

SERVINGS



4

CALORIES



796 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings avocado sliced
- 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 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: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

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 %: 0% (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 B5: 3.62mg (36.15%), Zinc: 5.06mg (33.76%), Vitamin B3: 6.6mg (33.02%), Vitamin E: 4.86mg (32.41%), Vitamin B12: 1.41µg (23.47%)