



## Refried Bean and Mushroom Burritos

 Vegetarian

READY IN



18 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 8-inch flour tortillas low-fat ( )
- 0.3 teaspoon hot sauce
- 3 cups iceberg lettuce thinly sliced
- 8 ounce pre- mushrooms
- 1 cup refried beans fat-free canned
- 0.5 cup salsa
- 0.3 teaspoon salt
- 2 ounces pre-shredded cheddar cheese reduced-fat

- 0.3 cup cup heavy whipping cream fat-free sour
- 1 cup tomatoes seeded chopped ( 1 large)
- 1 teaspoon vegetable oil

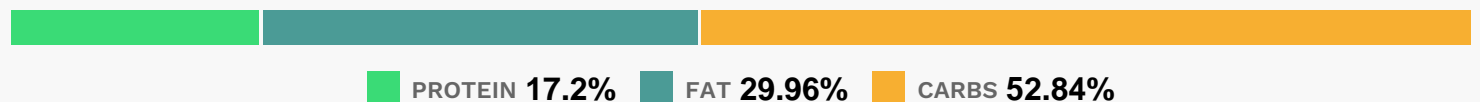
## Equipment

- frying pan

## Directions

- Warm tortillas according to package directions.
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add mushrooms; saut 8 minutes or until lightly browned.
- Sprinkle with salt and hot sauce.
- Spoon 1/4 cup refried beans down center of each tortilla. Top each with 1/4 cup mushrooms and 2 tablespoons cheese.
- Roll up tortilla.
- Serve over lettuce. Top with tomato, salsa, and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:50.5, Glycemic Load:10.7, Inflammation Score:-7, Nutrition Score:16.40130432274%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

## Nutrients (% of daily need)

Calories: 310.87kcal (15.54%), Fat: 10.42g (16.04%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 34.82g (12.66%), Sugar: 7.9g (8.78%), Cholesterol: 15.47mg (5.16%), Sodium: 1208.58mg

(52.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.47g (26.93%), Selenium: 21.77µg (31.09%), Vitamin B2: 0.49mg (28.65%), Phosphorus: 262.57mg (26.26%), Fiber: 6.55g (26.21%), Vitamin B3: 4.97mg (24.85%), Vitamin B1: 0.36mg (23.98%), Calcium: 236.8mg (23.68%), Vitamin K: 23.41µg (22.29%), Manganese: 0.43mg (21.36%), Folate: 84.7µg (21.17%), Vitamin A: 966.26IU (19.33%), Iron: 3.16mg (17.55%), Potassium: 522.17mg (14.92%), Copper: 0.3mg (14.86%), Vitamin B5: 1.14mg (11.39%), Vitamin B6: 0.21mg (10.59%), Vitamin C: 8.61mg (10.44%), Zinc: 1.37mg (9.11%), Magnesium: 34.36mg (8.59%), Vitamin E: 0.9mg (5.99%), Vitamin B12: 0.22µg (3.6%), Vitamin D: 0.2µg (1.32%)