



Refried Bean Tortilla Wraps

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

Ingredients

- 16 oz refried beans traditional canned
- 0.5 cup salsa
- 0.5 teaspoon chili powder
- 11 oz flour tortilla for burritos (8 count)
- 1 cup lettuce shredded
- 2 oz monterrey jack cheese shredded

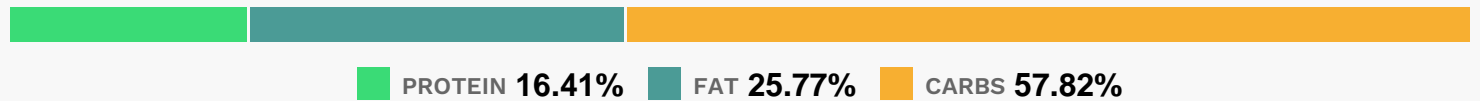
Equipment

- sauce pan

Directions

- Mix beans, salsa and chili powder in 1-quart saucepan.
- Heat over medium heat about 5 minutes, stirring occasionally, until warm.
- Spoon about 1/4 cup of the bean mixture onto center of each tortilla; spread slightly. Top with lettuce and cheese. Fold over sides and ends of tortillas.
- Serve with additional salsa if desired.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:15.23, Inflammation Score:-6, Nutrition Score:13.3369567472%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 380.06kcal (19%), Fat: 10.65g (16.38%), Saturated Fat: 5g (31.25%), Carbohydrates: 53.74g (17.91%), Net Carbohydrates: 45.36g (16.49%), Sugar: 7.41g (8.23%), Cholesterol: 12.62mg (4.21%), Sodium: 1529.98mg (66.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.52%), Fiber: 8.38g (33.52%), Selenium: 19.8µg (28.29%), Vitamin B1: 0.41mg (27.58%), Calcium: 270.15mg (27.02%), Phosphorus: 238.29mg (23.83%), Iron: 4.21mg (23.37%), Manganese: 0.45mg (22.51%), Folate: 82.43µg (20.61%), Vitamin B3: 3.87mg (19.37%), Vitamin B2: 0.29mg (17.2%), Vitamin K: 11.93µg (11.37%), Vitamin A: 523.61IU (10.47%), Magnesium: 27.49mg (6.87%), Potassium: 223.04mg (6.37%), Vitamin B6: 0.13mg (6.36%), Zinc: 0.94mg (6.27%), Copper: 0.11mg (5.69%), Vitamin E: 0.56mg (3.74%), Vitamin B5: 0.24mg (2.42%), Vitamin B12: 0.12µg (1.96%), Vitamin C: 1.12mg (1.36%)