



Refried Bean Tortilla Wraps (lighter)

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



570 kcal

SIDE DISH

Ingredients

- 16 oz refried beans fat free canned
- 0.5 cup salsa
- 0.5 teaspoon chili powder
- 8 10-inch flour tortilla fat-free
- 1 cup lettuce shredded
- 2 oz monterrey jack cheese shredded

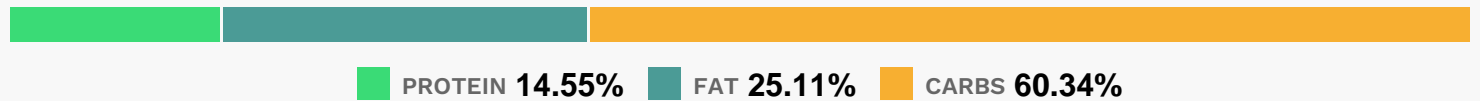
Equipment

- 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 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:24.91, Inflammation Score:-7, Nutrition Score:20.103478449842%

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: 569.9kcal (28.49%), Fat: 15.6g (24.01%), Saturated Fat: 6.81g (42.57%), Carbohydrates: 84.39g (28.13%), Net Carbohydrates: 73.84g (26.85%), Sugar: 9.71g (10.79%), Cholesterol: 12.62mg (4.21%), Sodium: 1986.59mg (86.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.35g (40.69%), Vitamin B1: 0.73mg (48.38%), Selenium: 33.64µg (48.05%), Fiber: 10.55g (42.2%), Manganese: 0.76mg (37.83%), Phosphorus: 366.09mg (36.61%), Calcium: 360.73mg (36.07%), Iron: 6.46mg (35.88%), Folate: 140.74µg (35.19%), Vitamin B3: 6.62mg (33.08%), Vitamin B2: 0.47mg (27.49%), Vitamin K: 16.4µg (15.62%), Vitamin A: 523.61IU (10.47%), Magnesium: 41.13mg (10.28%), Copper: 0.18mg (8.91%), Potassium: 300.59mg (8.59%), Zinc: 1.27mg (8.47%), Vitamin B6: 0.16mg (8.19%), Vitamin E: 0.56mg (3.74%), Vitamin B5: 0.34mg (3.44%), Vitamin B12: 0.12µg (1.96%), Vitamin C: 1.12mg (1.36%)