



Refried Beans and Rice Burritos

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cucumber diced
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 1 cup refried beans fat-free canned
- ☐ 10 ounce rice frozen southwestern-style (such as Birds Eye Steamfresh)
- ☐ 0.5 cup salsa fresh
- ☐ 0.3 cup heavy whipping cream light sour
- ☐ 0.5 cup tomatoes diced
- ☐ 4 8-inch tortillas fat-free whole wheat 96% () (such as Mission)

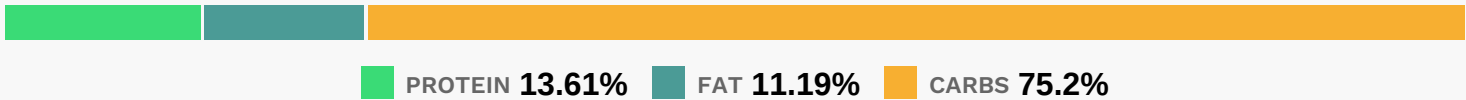
Equipment

- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Microwave rice according to package directions.
- ☐ Spoon 1/4 cup refried beans down center of each tortilla; top each with 1/3 cup rice and 2 tablespoons cheese.
- ☐ Arrange burritos, seam side down, in a microwave-safe baking dish. Cover with plastic wrap, and microwave at HIGH 3 minutes or until thoroughly heated.
- ☐ Place lettuce on each of 4 plates, if desired, and top with burritos. Top each burrito with 2 tablespoons tomato, 2 tablespoons cucumber, 2 tablespoons salsa, and 1 tablespoon sour cream.
- ☐ Serve with: Fruit Juice Coolers

Nutrition Facts



Properties

Glycemic Index:38.3, Glycemic Load:35.88, Inflammation Score:-4, Nutrition Score:10.48826081986%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 473.33kcal (23.67%), Fat: 5.77g (8.88%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 87.28g (29.09%), Net Carbohydrates: 80.25g (29.18%), Sugar: 5.42g (6.03%), Cholesterol: 8.01mg (2.67%), Sodium: 910.49mg (39.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.79g (31.58%), Manganese: 0.84mg (42.1%), Fiber: 7.03g (28.12%), Calcium: 203.14mg (20.31%), Selenium: 13.51µg (19.3%), Phosphorus: 178.68mg (17.87%), Iron: 2.36mg (13.11%), Vitamin B6: 0.21mg (10.3%), Copper: 0.21mg (10.26%), Vitamin A: 449.41IU (8.99%), Vitamin B5:

0.87mg (8.67%), Zinc: 1.23mg (8.18%), Vitamin B3: 1.63mg (8.16%), Potassium: 271.94mg (7.77%), Magnesium: 30.34mg (7.59%), Vitamin B2: 0.1mg (5.96%), Vitamin B1: 0.08mg (5.37%), Vitamin C: 3.83mg (4.64%), Vitamin E: 0.63mg (4.21%), Vitamin K: 4.26µg (4.06%), Folate: 15.23µg (3.81%), Vitamin B12: 0.13µg (2.16%)