



Rice and Bean Burritos

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups brown rice cooked
- ☐ 15 oz pinto beans rinsed drained canned
- ☐ 1.5 cups cheddar cheese grated
- ☐ 1.5 teaspoons chili powder
- ☐ 1 cup corn kernels frozen
- ☐ 1 teaspoon cumin
- ☐ 10 ounce enchilada sauce
- ☐ 8 10-inch flour tortilla

- ☐ 1 onion chopped
- ☐ 1 bell pepper diced red
- ☐ 1 tablespoon vegetable oil
- ☐ 1 zucchini diced

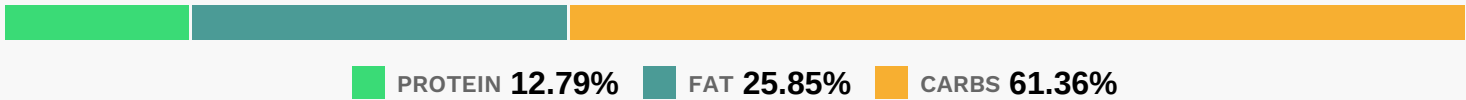
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F. Wrap tortillas in foil.
- ☐ Bake for 15 minutes.
- ☐ In a skillet, warm oil over medium-high heat. Saut onion for 3 minutes.
- ☐ Add cumin, chili powder, bell pepper and zucchini; saut 3 minutes. Stir in beans, corn, if desired, and enchilada sauce.
- ☐ Add rice; saut until heated through, about 1 minute.
- ☐ Remove from heat; let cool slightly.
- ☐ One tortilla at a time, spoon filling down center. Top with cheese, if desired.
- ☐ Roll up and serve.

Nutrition Facts



Properties

Glycemic Index:30.47, Glycemic Load:34.45, Inflammation Score:-8, Nutrition Score:25.14913035994%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 574.65kcal (28.73%), Fat: 16.56g (25.48%), Saturated Fat: 6.79g (42.42%), Carbohydrates: 88.47g (29.49%), Net Carbohydrates: 80g (29.09%), Sugar: 8.34g (9.26%), Cholesterol: 21.19mg (7.06%), Sodium: 1157.06mg (50.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.87%), Manganese: 2.41mg (120.54%), Phosphorus: 444.51mg (44.45%), Vitamin B1: 0.62mg (41.17%), Fiber: 8.47g (33.88%), Selenium: 21.95µg (31.36%), Vitamin C: 25.87mg (31.36%), Calcium: 304.96mg (30.5%), Magnesium: 118.3mg (29.57%), Vitamin B3: 5.83mg (29.13%), Folate: 115.56µg (28.89%), Iron: 4.89mg (27.19%), Vitamin B6: 0.45mg (22.66%), Vitamin B2: 0.38mg (22.46%), Vitamin A: 1087.26IU (21.75%), Zinc: 2.64mg (17.59%), Copper: 0.33mg (16.55%), Potassium: 532.07mg (15.2%), Vitamin B5: 1.17mg (11.74%), Vitamin K: 12.04µg (11.47%), Vitamin E: 1.04mg (6.92%), Vitamin B12: 0.22µg (3.74%)