



Rice and Black Bean Burritos

READY IN



20 min.

SERVINGS



20

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb fully avocados ripe
- 1 cup black beans canned rinsed
- 1 cup four cheese shredded mexican style divided kraft finely
- 1 Tbsp chipotle peppers in adobo sauce canned chopped
- 1 cup rice long-grain white cooked
- 6 6-inch flour tortillas warmed ()
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 0.3 cup real mayo mayonnaise kraft

0.5 cup salsa

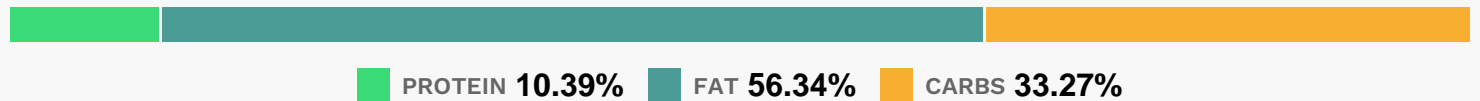
Equipment

bowl

Directions

- Mash avocados with mayo, chipotle peppers and garlic in medium bowl until blended; stir in cilantro. Set aside.
- Combine rice and beans.
- Spread 2 Tbsp. avocado mixture onto each tortilla. Top with rice mixture.
- Sprinkle 2 Tbsp. cheese over each topped tortilla. Fold in opposite sides of each tortilla, then roll up burrito style.
- Top with any remaining avocado mixture and cheese.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:4.02, Inflammation Score:-2, Nutrition Score:4.9252173796944%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 126.67kcal (6.33%), Fat: 8.13g (12.51%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 8.14g (2.96%), Sugar: 0.82g (0.91%), Cholesterol: 6.83mg (2.28%), Sodium: 198.43mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Fiber: 2.66g (10.64%), Vitamin K: 11.01µg (10.48%), Folate: 34.03µg (8.51%), Manganese: 0.15mg (7.27%), Phosphorus: 71.89mg (7.19%), Selenium: 4.55µg (6.5%), Calcium: 62.06mg (6.21%), Vitamin B2: 0.09mg (5.54%), Vitamin B1: 0.08mg (5.25%), Potassium: 173.82mg (4.97%), Vitamin B3: 0.96mg (4.78%), Vitamin B6: 0.09mg (4.67%), Vitamin E: 0.69mg (4.61%), Vitamin B5: 0.42mg (4.2%), Copper: 0.08mg (4.1%), Iron: 0.7mg (3.87%), Magnesium: 15.13mg (3.78%), Zinc: 0.51mg (3.37%), Vitamin C: 2.72mg

(3.3%), Vitamin A: 136.64IU (2.73%), Vitamin B12: 0.06µg (1.05%)