



Rio Grande Beef Burritos with Roasted Peppers

READY IN



45 min.

SERVINGS



2

CALORIES



1156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 anaheim chiles fresh whole green canned peeled seeded cut into thin strips, or chiles, , cut into thin strips
- ☐ 8 ounces flank steak
- ☐ 4 8-inch flour tortillas ()
- ☐ 1 large garlic clove crushed
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 1.3 cups monterrey jack cheese divided grated

- ☐ 2.5 tablespoons olive oil divided
- ☐ 1 large onion thinly sliced
- ☐ 0.5 teaspoon oregano dried crumbled
- ☐ 7 ounce roasted peppers red drained cut into thin strips
- ☐ 0.5 cup whipping cream

Equipment

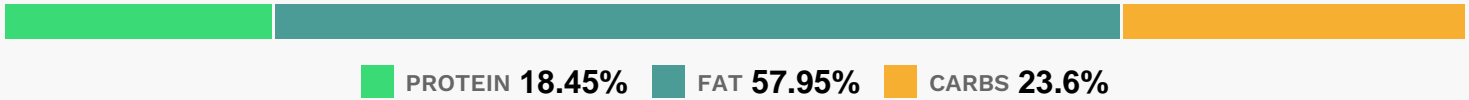
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F. Grease 9-inch square baking pan. Rub both sides of steak with garlic and cumin, then with 1 1/2 teaspoons oil and lime juice.
- ☐ Let stand while preparing peppers.
- ☐ Heat 1 tablespoon oil in heavy medium skillet over medium-high heat.
- ☐ Add onion and cook until beginning to brown, stirring frequently, about 6 minutes.
- ☐ Add chiles and peppers and stir until heated through.
- ☐ Add cream, then 3/4 cup cheese and stir until mixture thickens, about 1 minute.
- ☐ Add oregano. Season with salt and pepper.
- ☐ Heat 1 tablespoon oil in heavy large skillet over high heat. Season steak with salt and pepper. Cook until brown, about 1 1/2 minutes per side for very rare.
- ☐ Transfer to work surface. Halve across width, then cut against grain into thin slices.
- ☐ Hold 1 tortilla over gas burner on low or place on electric burner on low until heated through, about 15 seconds per side.
- ☐ Place tortilla on work surface. Spoon 1/4 cup pepper mixture down center of tortilla. Top with 1/4 of meat.
- ☐ Roll up tortilla, enclosing filling. Arrange in baking pan, seam side down. Repeat with remaining tortillas, 3/4 cup pepper mixture, and remaining meat. Spoon remaining pepper mixture over

- tortillas.
- ☐ Sprinkle with 1/2 cup cheese. Do ahead Can be assembled 2 hours ahead. Cover with foil and refrigerate.
- ☐ Bake uncovered (cover if burritos were refrigerated) until cheese melts, 5 to 10 minutes.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:17.75, Inflammation Score:-10, Nutrition Score:41.89043480417%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.27mg, Quercetin: 15.27mg, Quercetin: 15.27mg, Quercetin: 15.27mg

Nutrients (% of daily need)

Calories: 1156.32kcal (57.82%), Fat: 74.66g (114.86%), Saturated Fat: 35.01g (218.81%), Carbohydrates: 68.44g (22.81%), Net Carbohydrates: 60.27g (21.92%), Sugar: 11.02g (12.25%), Cholesterol: 198.13mg (66.04%), Sodium: 2799.71mg (121.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.48g (106.96%), Selenium: 69.15µg (98.78%), Phosphorus: 833.67mg (83.37%), Calcium: 810.53mg (81.05%), Vitamin C: 60.39mg (73.2%), Vitamin B3: 12.36mg (61.78%), Vitamin B6: 1.12mg (55.79%), Vitamin B2: 0.86mg (50.65%), Zinc: 7.5mg (49.98%), Vitamin B1: 0.68mg (45.53%), Manganese: 0.84mg (41.96%), Iron: 7.45mg (41.36%), Folate: 157.47µg (39.37%), Vitamin A: 1948.91IU (38.98%), Fiber: 8.17g (32.68%), Vitamin B12: 1.71µg (28.56%), Potassium: 903.63mg (25.82%), Vitamin K: 26.38µg (25.12%), Vitamin E: 3.7mg (24.69%), Magnesium: 91.98mg (22.99%), Copper: 0.39mg (19.35%), Vitamin B5: 1.33mg (13.3%), Vitamin D: 1.38µg (9.17%)