



Roasted Vegetable Burritos

 Vegetarian

READY IN



46 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil extra virgin
- 6 8-inch 7%-fat-free flour tortillas ()
- 0.5 cup cilantro leaves fresh chopped
- 1 cup corn kernels fresh
- 2 garlic cloves minced
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lime fresh
- 2 poblano chiles cut into 1/2-inch strips (1 cup)

- 1 bell pepper red cut into 1/2-inch strips (1 1/2 cups)
- 1 cup onion red coarsely chopped
- 0.5 teaspoon salt
- 6 ounces sharp cheddar cheese shredded reduced-fat
- 6 tablespoons cup heavy whipping cream fat-free sour
- 1.5 cups tomatoes peeled seeded chopped
- 1.5 cups zucchini diced

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 47
- Combine first 8 ingredients in a large bowl, tossing gently to coat vegetables.
- Spread vegetable mixture in a 15 x 10-inch jelly-roll pan coated with cooking spray.
- Bake at 475 for 30 minutes or until browned, stirring occasionally.
- . While vegetables roast, combine tomato, cilantro, lime juice, and salt in a small bowl; toss well, and set salsa aside.
- Remove roasted vegetables from oven; stir in corn.
- Heat tortillas according to package directions.
- Sprinkle 1/4 cup cheese down the center of each tortilla; top each with 1/2 cup vegetable mixture, and roll up.
- Serve with salsa and sour cream.
- Note: You may substitute frozen corn for fresh, if desired. Thaw and drain the corn before stirring it into the roasted vegetables. It is not necessary to cook the corn.

Nutrition Facts



■ PROTEIN 13.97% ■ FAT 44.07% ■ CARBS 41.96%

Properties

Glycemic Index:41.67, Glycemic Load:9.64, Inflammation Score:-9, Nutrition Score:20.403478285541%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

Nutrients (% of daily need)

Calories: 381.42kcal (19.07%), Fat: 19.08g (29.36%), Saturated Fat: 7.74g (48.38%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 36.23g (13.17%), Sugar: 8.28g (9.2%), Cholesterol: 29.43mg (9.81%), Sodium: 783.7mg (34.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.62g (27.23%), Vitamin C: 72.98mg (88.46%), Vitamin A: 1593.86IU (31.88%), Calcium: 315.32mg (31.53%), Phosphorus: 312.7mg (31.27%), Selenium: 20.56µg (29.37%), Manganese: 0.53mg (26.27%), Vitamin B1: 0.38mg (25.66%), Folate: 97.67µg (24.42%), Vitamin B2: 0.38mg (22.1%), Vitamin K: 19.7µg (18.76%), Fiber: 4.66g (18.62%), Vitamin B3: 3.51mg (17.57%), Vitamin B6: 0.35mg (17.47%), Iron: 2.69mg (14.97%), Potassium: 502.65mg (14.36%), Magnesium: 49.12mg (12.28%), Zinc: 1.82mg (12.13%), Vitamin E: 1.65mg (11%), Copper: 0.16mg (8.2%), Vitamin B5: 0.62mg (6.22%), Vitamin B12: 0.34µg (5.61%), Vitamin D: 0.17µg (1.13%)