



Round 2 - Beef and Bean Burritos

READY IN



18 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups reserved no bean beef chili
- 0.5 head reserved cabbage shredded
- 15 ounce black beans rinsed drained canned
- 1 tablespoon canola oil
- 4 large flour tortillas
- 1 tablespoon cilantro leaves fresh chopped
- 4 servings kosher salt and pepper black freshly ground
- 1 cup monterey jack shredded divided
- 1 medium onion red divided chopped

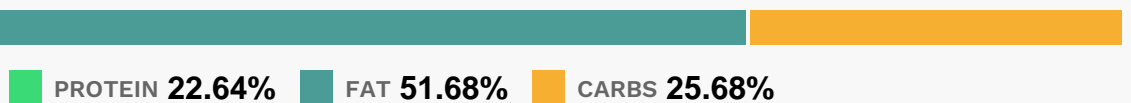
Equipment

- bowl
- pot
- microwave

Directions

- In a small pot over medium-high heat, add the oil. When it is hot, add the half the onions and cook until soft, 6 to 8 minutes.
- Add the No Bean Beef Chili and the beans. Stir and cook until hot.
- Wrap the tortillas in a damp towel and microwave for 30 seconds to make them warm and pliable.
- In a bowl, mix together the cabbage, tomatoes, remaining onions, and cilantro. Season with salt and pepper.
- Place a tortilla on your work surface and spread 1/4 of the chili and bean mixture down the middle.
- Sprinkle with 1/4 cup cheese and about 1/4 cup of the cabbage mixture. Fold the sides of the tortilla about 1/4 of the way in towards the center.
- Roll up from the bottom, making sure to tuck in the sides as you roll. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:6.96, Inflammation Score:-7, Nutrition Score:32.146086583967%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 650.25kcal (32.51%), Fat: 37.41g (57.55%), Saturated Fat: 15.29g (95.58%), Carbohydrates: 41.84g (13.95%), Net Carbohydrates: 30.12g (10.95%), Sugar: 6.05g (6.73%), Cholesterol: 105.02mg (35.01%), Sodium: 895.5mg (38.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.88g (73.75%), Vitamin K: 94.23µg (89.74%), Vitamin C: 46.47mg (56.33%), Phosphorus: 517.49mg (51.75%), Fiber: 11.72g (46.87%), Vitamin B12: 2.64µg (44.03%), Zinc: 6.54mg (43.57%), Selenium: 29.53µg (42.18%), Folate: 160.12µg (40.03%), Calcium: 364.24mg (36.42%), Vitamin B3: 7.07mg (35.33%), Iron: 6.1mg (33.87%), Manganese: 0.64mg (32.03%), Vitamin B2: 0.54mg (31.88%), Vitamin B6: 0.64mg (31.8%), Vitamin B1: 0.43mg (28.96%), Potassium: 926.52mg (26.47%), Magnesium: 87.13mg (21.78%), Copper: 0.35mg (17.34%), Vitamin B5: 1.15mg (11.45%), Vitamin E: 1.33mg (8.84%), Vitamin A: 340.57IU (6.81%), Vitamin D: 0.28µg (1.88%)