



Sausage and Black-Bean Burritos

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



2452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 inch flour tortillas
- ☐ 0.8 pound sausage italian hot
- ☐ 2 tablespoons juice of lime (from 1 lime)
- ☐ 4 servings lime wedges for serving
- ☐ 2 cups monterey jack shredded
- ☐ 1 onion red chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tomatoes chopped

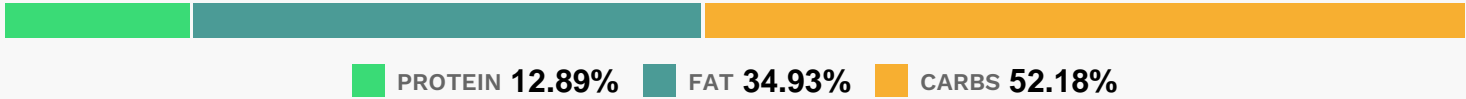
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 350°F.
- ☐ In a large frying pan, cook the sausage over moderate heat, breaking it up with a fork or wooden spoon, until cooked through and just beginning to brown, about 10 minutes.
- ☐ Remove.
- ☐ Pour off all but 1 tablespoon fat from the pan and reduce the heat to low.
- ☐ Add the beans and salt and cook, mashing the beans with the back of a wooden spoon, until heated through, 2 to 3 minutes. Most of the beans should be broken up, but don't mash them to a puree.
- ☐ Remove from the heat and stir in the sausage, half of the cheese, the tomato, lime juice, and onion.
- ☐ Spread one quarter of the bean mixture in a line just below the center of each tortilla.
- ☐ Put the remaining cheese on top of the beans.
- ☐ Roll up the burritos and put them seam-side down in a small baking dish.
- ☐ Bake until the cheese is melted and the filling is hot, about 15 minutes. If the tops begin to brown too much, cover loosely with a sheet of aluminum foil.
- ☐ Serve the burritos with lime wedges.
- ☐ Cut 1 pound of bacon crosswise into small strips. Fry until crisp and drain on paper towels. Proceed with the recipe from Step 2, substituting the bacon for the sausage.
- ☐ Wine Recommendation: Hot Italian sausage, black beans, tomato, and cheese all argue for a big, fruity red wine. Find a robust zinfandel from California; its blackberry flavor and intriguing woody quality will stand up to, and enhance, this dish.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:99.48, Inflammation Score:-10, Nutrition Score:56.674347618352%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 2451.52kcal (122.58%), Fat: 94.2g (144.92%), Saturated Fat: 38.79g (242.46%), Carbohydrates: 316.66g (105.55%), Net Carbohydrates: 293.71g (106.8%), Sugar: 25.77g (28.64%), Cholesterol: 114.92mg (38.31%), Sodium: 5745.65mg (249.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.23g (156.47%), Vitamin B1: 3.69mg (245.78%), Selenium: 169.92µg (242.75%), Phosphorus: 1686.01mg (168.6%), Manganese: 3.24mg (162%), Folate: 619.84µg (154.96%), Vitamin B3: 30.89mg (154.45%), Calcium: 1367.47mg (136.75%), Iron: 24.43mg (135.75%), Vitamin B2: 2.15mg (126.73%), Fiber: 22.94g (91.78%), Vitamin K: 49.36µg (47.01%), Zinc: 6.66mg (44.42%), Magnesium: 172.56mg (43.14%), Copper: 0.77mg (38.65%), Vitamin B6: 0.73mg (36.62%), Potassium: 1171.29mg (33.47%), Vitamin B12: 1.24µg (20.71%), Vitamin B5: 1.66mg (16.58%), Vitamin A: 695.43IU (13.91%), Vitamin C: 10.49mg (12.71%), Vitamin D: 0.34µg (2.26%), Vitamin E: 0.34mg (2.25%)