



## Slow-Cooker Beef-and-Bean Burritos

READY IN



45 min.

SERVINGS



12

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 ounce chiles green chopped canned
- 12 8-inch flour tortillas fat-free ()
- 2 pound london broil
- 6 ounces monterrey jack cheese shredded
- 1 cup onion chopped
- 1.5 cups plum tomatoes chopped
- 16 ounce refried beans fat-free canned
- 0.8 cup cup heavy whipping cream fat-free sour
- 1.3 ounce taco seasoning

1 tablespoon vinegar white

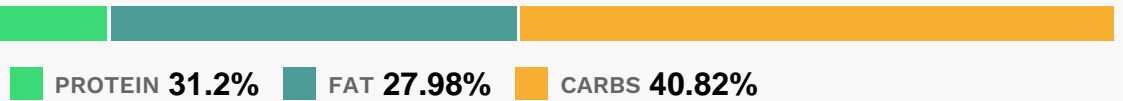
## Equipment

slow cooker

## Directions

- Trim fat from meat; rub seasoning mix over both sides of meat.
- Place meat in an electric slow cooker coated with cooking spray; add onion, vinegar, and green chiles. Cover with lid; cook on low-heat setting for 9 hours.
- Remove meat from slow cooker, reserving cooking liquid; shred meat with two forks.
- Combine meat and reserved cooking liquid; stir well.
- Warm beans and tortillas according to package directions.
- Spread 2 tablespoons beans down the center of each tortilla. Spoon a heaping 1/3 cup meat mixture on top of beans. Top each with 2 tablespoons cheese, 2 tablespoons tomato, and 1 tablespoon sour cream; roll up.

## Nutrition Facts



## Properties

Glycemic Index:17.92, Glycemic Load:9.54, Inflammation Score:-7, Nutrition Score:18.637391352135%

## Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

## Nutrients (% of daily need)

Calories: 361.1kcal (18.05%), Fat: 11.02g (16.95%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 31.48g (11.45%), Sugar: 4.86g (5.4%), Cholesterol: 60.02mg (20.01%), Sodium: 1028.9mg (44.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.65g (55.29%), Selenium: 38.41µg (54.87%), Vitamin B3: 7.74mg (38.68%), Phosphorus: 363.18mg (36.32%), Vitamin B6: 0.61mg (30.49%), Zinc: 4.3mg (28.7%), Calcium: 237.21mg (23.72%), Vitamin B1: 0.35mg (23.62%), Iron: 4.23mg (23.51%), Vitamin B2: 0.34mg (20.25%), Vitamin B12:

1.18µg (19.69%), Folate: 75.37µg (18.84%), Fiber: 4.69g (18.76%), Manganese: 0.32mg (15.79%), Vitamin A: 714.07IU (14.28%), Potassium: 477.35mg (13.64%), Vitamin C: 10mg (12.12%), Magnesium: 40.41mg (10.1%), Copper: 0.16mg (8.17%), Vitamin K: 7.32µg (6.97%), Vitamin B5: 0.68mg (6.78%), Vitamin E: 0.42mg (2.79%)