



## Slow Cooker Venison Burritos

READY IN



375 min.

SERVINGS



8

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce black beans canned
- 3 ounce cream cheese cubed
- 8 12-inch flour tortilla warmed ( )
- 15.3 ounce mexicorn kernel corn ) drained canned
- 1.5 pounds round steak boneless
- 16 ounce salsa
- 8 ounce cheddar cheese shredded

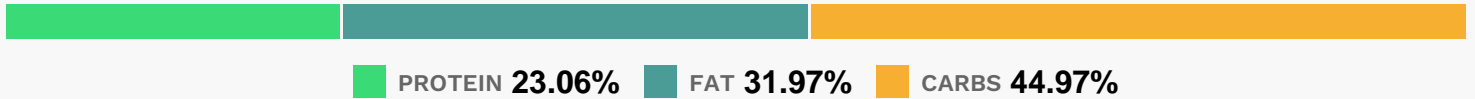
### Equipment

slow cooker

## Directions

- Place the venison steaks into the bottom of a slow cooker; cover with the salsa. Discard half of the liquid from the black beans, then pour the beans into the slow cooker along with the Mexicorn.
- Set the slow cooker on LOW, and cook 6 to 8 hours until the venison pulls apart easily with a fork.
- Break up the meat into bite sized pieces, then stir in the cream cheese cubes until melted.
- Place a tortilla onto your work surface, then spoon some of the filling halfway between the bottom edge and the center of the tortilla. Flatten the filling into rectangle shape with the back of a spoon.
- Sprinkle some of the Mexican cheese blend over the filling. Fold the bottom of the tortilla snugly over the filling, then fold in the left and right edges.
- Roll the burrito up to the top edge, forming a tight cylinder. Repeat with the remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:17.95, Inflammation Score:-8, Nutrition Score:32.606521761936%

## Nutrients (% of daily need)

Calories: 714.11kcal (35.71%), Fat: 25.44g (39.14%), Saturated Fat: 11.78g (73.63%), Carbohydrates: 80.53g (26.84%), Net Carbohydrates: 70.77g (25.73%), Sugar: 9.06g (10.07%), Cholesterol: 91.25mg (30.42%), Sodium: 1816.04mg (78.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.29g (82.57%), Selenium: 56.49µg (80.7%), Phosphorus: 669.33mg (66.93%), Vitamin B3: 12.55mg (62.73%), Vitamin B1: 0.78mg (51.97%), Folate: 184.03µg (46.01%), Iron: 7.6mg (42.2%), Calcium: 417.77mg (41.78%), Vitamin B2: 0.7mg (40.95%), Vitamin B6: 0.82mg (40.78%), Manganese: 0.81mg (40.33%), Fiber: 9.76g (39.04%), Zinc: 5.81mg (38.72%), Vitamin B12: 1.98µg (32.99%), Potassium: 890.52mg (25.44%), Magnesium: 93.93mg (23.48%), Copper: 0.38mg (18.92%), Vitamin B5: 1.47mg (14.69%), Vitamin A: 647.65IU (12.95%), Vitamin K: 12.54µg (11.94%), Vitamin C: 6.89mg (8.35%), Vitamin E: 1.13mg (7.54%), Vitamin D: 0.23µg (1.51%)