

 **100%**
HEALTH SCORE

Smashed Sweet Potato Burrito

**Vegetarian****Vegan****Dairy Free****Very Healthy**

READY IN

**45 min.**

SERVINGS

**2**

CALORIES

**631 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 tsp cinnamon
- ☐ 1 cup black beans cooked
- ☐ 1 cup brown rice cooked
- ☐ 0.3 tsp cumin
- ☐ 10 ounces pkt spinach frozen
- ☐ 0.3 tsp garlic powder
- ☐ 0.3 tsp onion powder
- ☐ 1 sweet potatoes and into whole mashed

☐ 4 wraps whole wheat whole

Equipment

☐ bowl

Directions

- ☐ Cook spinach according to directions, pressing out any excess water once fully cooked.
- ☐ Sprinkle spinach with garlic powder and salt and set aside.
- ☐ Sprinkle cumin, onion powder and garlic powder over black beans, stirring to evenly coat beans with spices and set aside.
- ☐ Sprinkle mashed sweet potato with cinnamon and stir to combine. Then combine sweet potato mixture, spinach mixture, grains and black beans in a large bowl, stirring to evenly incorporate, and scoop mixture into the center of the shell.
- ☐ Drizzle with hot sauce if desired.

☐ Nutritional Information

☐ Amount Per Serving

☐ Calories

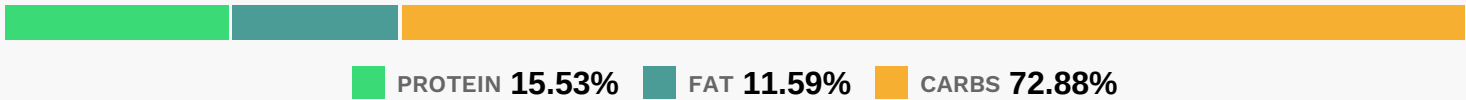
☐ Fat

☐ 60g

☐ Carbohydrate

☐ 60gDietary Fiber23.20gSugars6.60gProtein33.40g

Nutrition Facts



Properties

Glycemic Index:77.6, Glycemic Load:26.16, Inflammation Score:-10, Nutrition Score:40.516521661178%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 630.93kcal (31.55%), Fat: 8.33g (12.82%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 117.88g (39.29%), Net Carbohydrates: 94.73g (34.45%), Sugar: 9.77g (10.86%), Cholesterol: 0mg (0%), Sodium: 742.02mg (32.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.12g (50.25%), Vitamin A: 32661.93IU (653.24%), Vitamin K: 529.46µg (504.25%), Manganese: 2.81mg (140.68%), Fiber: 23.14g (92.58%), Folate: 350.42µg (87.61%), Magnesium: 239.41mg (59.85%), Iron: 8.13mg (45.14%), Calcium: 420.31mg (42.03%), Potassium: 1267.03mg (36.2%), Vitamin B1: 0.54mg (35.69%), Vitamin B6: 0.69mg (34.74%), Phosphorus: 322.07mg (32.21%), Copper: 0.64mg (32.03%), Vitamin E: 4.42mg (29.49%), Vitamin B2: 0.45mg (26.51%), Zinc: 2.74mg (18.28%), Vitamin B5: 1.63mg (16.34%), Vitamin B3: 3.1mg (15.49%), Selenium: 10.37µg (14.82%), Vitamin C: 10.61mg (12.87%)