



## Spicy Black Bean Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 chipotle chile in adobo sauce finely chopped
- ☐ 1 cup rice white hot cooked
- ☐ 16 ounce extra-firm tofu smoked cut into 1/4-inch strips
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons ground cumin
- ☐ 2 cups iceberg lettuce shredded

- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime fresh ( 2 limes)
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 5 to 6 plum tomatoes ripe seeded chopped
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 4 8-inch tortillas whole wheat ( )

## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ For the salsa, combine all of the salsa ingredients in a medium bowl; refrigerate until ready to serve.
- ☐ For the burritos, combine rice, beans, onion, garlic, and cumin in a medium bowl. Stir in 1/4 teaspoon salt; set aside.
- ☐ a. For the tofu, heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu; cook 5 minutes or until heated through, turning once.
- ☐ Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the chicken, and saut 6 minutes on each side or until done.
- ☐ Cut chicken into into 1/4-inch strips.
- ☐ Spread 1/4 cup of rice over the bottom half of a tortilla, leaving a 1-inch border. Top rice mixture with 1/4 of the tofu or chicken, 2 tablespoons salsa, 1/2 cup shredded lettuce, and 2 tablespoons of sour cream; roll up. Repeat with remaining ingredients. Slice each burrito in half, and serve.

## Nutrition Facts



 **PROTEIN 19.88%**  **FAT 24.91%**  **CARBS 55.21%**

Properties

Glycemic Index:37.5, Glycemic Load:6.76, Inflammation Score:-6, Nutrition Score:9.3617391560389%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 217.42kcal (10.87%), Fat: 6.13g (9.43%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 24.27g (8.83%), Sugar: 3.54g (3.93%), Cholesterol: 5.03mg (1.68%), Sodium: 527.44mg (22.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.01%), Fiber: 6.29g (25.17%), Manganese: 0.33mg (16.57%), Iron: 2.84mg (15.76%), Phosphorus: 153.52mg (15.35%), Copper: 0.27mg (13.66%), Potassium: 444.03mg (12.69%), Vitamin C: 10.35mg (12.54%), Folate: 48.79µg (12.2%), Magnesium: 46.97mg (11.74%), Vitamin K: 11.74µg (11.18%), Calcium: 110.97mg (11.1%), Vitamin B1: 0.16mg (10.8%), Vitamin A: 539.43IU (10.79%), Vitamin B2: 0.12mg (7.2%), Zinc: 0.95mg (6.32%), Vitamin B6: 0.12mg (6.12%), Vitamin B3: 0.86mg (4.32%), Selenium: 2.83µg (4.05%), Vitamin E: 0.6mg (4.01%), Vitamin B5: 0.26mg (2.55%), Vitamin B12: 0.06µg (1.01%)