



WHATSheATE



Spicy Pork Bulgogi and Beans Burrito



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cheddar and jack cheese grated
- ☐ 0.5 cup kimchi
- ☐ 1 batch refried beans
- ☐ 4 tablespoons salsa roja
- ☐ 4 10-inch tortillas ()

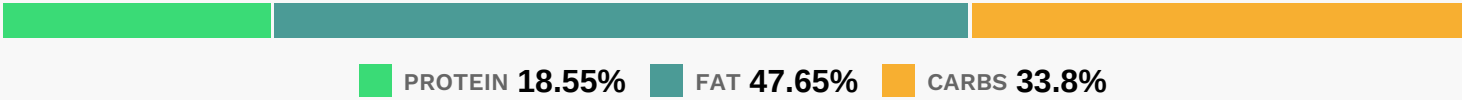
Equipment

- ☐ grill

Directions

☐ Assemble burritos and grill until golden brown and the cheese has melted, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:11.03, Inflammation Score:-6, Nutrition Score:15.067391390386%

Nutrients (% of daily need)

Calories: 431.91kcal (21.6%), Fat: 22.81g (35.1%), Saturated Fat: 12.85g (80.3%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 33.44g (12.16%), Sugar: 3.65g (4.05%), Cholesterol: 50.28mg (16.76%), Sodium: 1032.19mg (44.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.98g (39.96%), Calcium: 533mg (53.3%), Phosphorus: 403.63mg (40.36%), Selenium: 24.02µg (34.31%), Vitamin B2: 0.45mg (26.65%), Vitamin B1: 0.37mg (24.51%), Folate: 84.08µg (21.02%), Iron: 3.38mg (18.76%), Manganese: 0.37mg (18.5%), Vitamin B3: 3.48mg (17.42%), Zinc: 2.13mg (14.2%), Vitamin K: 13.39µg (12.75%), Fiber: 2.98g (11.91%), Vitamin A: 524.86IU (10.5%), Magnesium: 35.07mg (8.77%), Vitamin B12: 0.47µg (7.82%), Vitamin B6: 0.14mg (7.24%), Potassium: 196.25mg (5.61%), Copper: 0.1mg (5.24%), Vitamin B5: 0.27mg (2.66%), Vitamin E: 0.36mg (2.39%), Vitamin D: 0.34µg (2.26%)