



WHATSHEATE



HEALTH SCORE

100%

## Sunset's Burritos Grandes



Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



3309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup tomato sauce canned
- ☐ 2 ounces california chiles dried quick (4 to 6) (see Tip below)
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 0.3 cup crema sour quick (Mexican cultured cream; see Tip below)
- ☐ 4 large regular-size flour tortillas (13 in.) (10 in.)
- ☐ 3 garlic cloves peeled
- ☐ 1.3 cups guacamole homemade store-bought
- ☐ 1 cup jack cheese shredded crumbled quick (also called queso añejo; see Tip below)

- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 15 oz pinto red canned
- ☐ 1.3 pounds boston butt pork shoulder fat trimmed (butt)
- ☐ 1.7 cups classic salsa fresca red divided store-bought
- ☐ 1 teaspoon salt divided
- ☐ 0.3 cup tequila
- ☐ 0.5 cup rice long-grain white

## Equipment

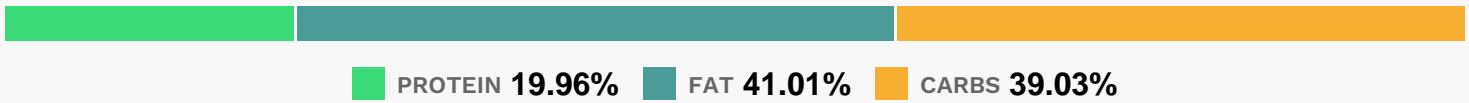
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ skewers

## Directions

- ☐ Wipe chiles clean with a damp cloth and remove stems and seeds. Chop in a blender until finely ground.
- ☐ Add tequila, lemon juice, 1/4 cup water, garlic, oil, oregano, and 3/4 tsp. salt; blend until smooth.
- ☐ Cut pork across grain into slices 1/2 in. thick and 3 to 4 in. long. In a bowl, add meat to marinade. Chill at least 15 minutes and up to 24 hours.
- ☐ Lift meat from marinade and thread strips onto skewers.
- ☐ Lay skewers parallel and about 2 in. apart on a baking sheet. Pat marinade onto meat.

- ☐ Prepare a charcoal or gas grill for direct medium-high heat.
- ☐ Lay skewered meat on oiled cooking grate (close lid on gas grill). Cook, turning often, until meat is well browned and crusty, about 20 minutes.
- ☐ Meanwhile, in a 1 1/2- to 2-qt. pan over high heat, bring 3/4 cup water, the rice, tomato sauce, and remaining 1/4 tsp. salt to a boil. Reduce heat and simmer, covered, until liquid is absorbed, 15 to 20 minutes.
- ☐ About 5 minutes before meat is done, put beans and their liquid in a 1-qt. pan and cook over medium-high heat until bubbling, about 5 minutes.
- ☐ Lift cooked meat to a platter and cover with foil.
- ☐ Heat 1 or 2 tortillas at a time on grill until lightly browned but still soft, turning once, 30 to 40 seconds. Stack on platter beneath foil to keep warm.
- ☐ Preheat oven to 20
- ☐ Warm serving plates in oven.
- ☐ Remove meat from skewers to a board and cut into 1/4-in.-wide strips.
- ☐ Lay tortillas flat. Toward one side of each, fill with guacamole, crema, pork, beans (including most of liquid), rice, cheese, and cilantro; divide 1 cup salsa among burritos. Fold over sides and roll up tightly to enclose. Work quickly during assembly to keep burritos hot, and serve on warm plates; if burritos cool off, you can wrap each one in lightly oiled foil and heat in a 350 oven for 10 to 20 minutes.
- ☐ Serve remaining salsa in a bowl to add to taste.

## Nutrition Facts



## Properties

Glycemic Index:365.47, Glycemic Load:91.38, Inflammation Score:-10, Nutrition Score:91.18913036844%

## Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg 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: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 33.62mg, Quercetin: 33.62mg, Quercetin: 33.62mg, Quercetin: 33.62mg

Nutrients (% of daily need)

Calories: 3308.99kcal (165.45%), Fat: 145.61g (224.02%), Saturated Fat: 48.99g (306.19%), Carbohydrates: 311.84g (103.95%), Net Carbohydrates: 243.44g (88.52%), Sugar: 34.03g (37.82%), Cholesterol: 410.46mg (136.82%), Sodium: 8385.55mg (364.59%), Alcohol: 26.72g (100%), Alcohol %: 1.5% (100%), Protein: 159.42g (318.85%), Vitamin B1: 5.11mg (340.91%), Fiber: 68.4g (273.59%), Folate: 1051.72µg (262.93%), Phosphorus: 2589.09mg (258.91%), Selenium: 180.46µg (257.8%), Manganese: 5.09mg (254.34%), Vitamin B6: 4.91mg (245.55%), Vitamin B2: 3.79mg (222.66%), Vitamin C: 162.41mg (196.85%), Vitamin B3: 37.45mg (187.26%), Potassium: 6491.86mg (185.48%), Vitamin K: 181.38µg (172.74%), Zinc: 25.02mg (166.77%), Iron: 28.4mg (157.77%), Copper: 2.85mg (142.66%), Calcium: 1403.73mg (140.37%), Magnesium: 538.29mg (134.57%), Vitamin B5: 12.33mg (123.29%), Vitamin E: 16.32mg (108.78%), Vitamin A: 5033.94IU (100.68%), Vitamin B12: 5.6µg (93.35%), Vitamin D: 0.6µg (4%)