



Sweet Potato Black Bean Roll-Ups



Vegetarian



Vegan



Dairy Free

Image not found or type unknown

READY IN

ready

35 min.

SERVINGS

servings

16

CALORIES

calories

139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce black beans rinsed drained canned
- ☐ 8 flour tortillas
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 small onion diced
- ☐ 0.3 cup peanut butter
- ☐ 29 ounce sweet potatoes drained canned

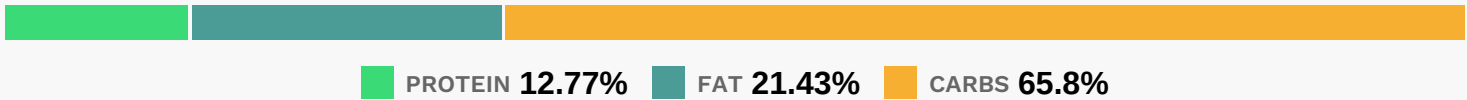
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ microwave

Directions

- ☐ Heat olive oil in a skillet over medium heat; cook and stir onion and garlic in the hot oil until translucent, 10 to 15 minutes. Stir in peanut butter until melted, 2 to 3 minutes. Mash sweet potatoes into onion mixture; cook and stir until heated through and creamy, about 5 minutes. Fold in cilantro and black beans.
- ☐ Stack tortillas on a microwave-safe plate and cover with a paper towel; cook in microwave until just warmed, about 30 seconds.
- ☐ Spread sweet potato mixture onto each tortilla; fold each tortilla around the filling, creating an envelope shape. Top each with a dollop of sour cream.
- ☐ Cut each roll-up in half; serve with salsa.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:7.65, Inflammation Score:-10, Nutrition Score:10.772608674091%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 138.87kcal (6.94%), Fat: 3.36g (5.18%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 19.18g (6.97%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 251.65mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin A: 7324.62IU (146.49%), Manganese: 0.33mg (16.72%), Fiber: 4.06g (16.26%), Vitamin B1: 0.16mg (10.57%), Folate: 39.5µg (9.87%), Phosphorus: 97.3mg (9.73%), Potassium: 300.8mg (8.59%), Vitamin B3: 1.65mg (8.26%), Copper: 0.16mg (8.06%), Magnesium: 32.26mg (8.06%), Iron: 1.42mg (7.89%), Vitamin B6: 0.16mg (7.81%), Vitamin B2: 0.11mg (6.67%), Selenium: 4.19µg (5.99%), Vitamin B5:

0.53mg (5.33%), Calcium: 49.65mg (4.97%), Vitamin E: 0.51mg (3.43%), Vitamin K: 3.59µg (3.42%), Zinc: 0.48mg (3.21%), Vitamin C: 2.42mg (2.93%)