



Tex-Mex Burritos

READY IN



40 min.

SERVINGS



5

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef lean
- ☐ 1.3 cups potatoes peeled finely chopped
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 2 jalapeno fresh canned seeded chopped
- ☐ 15 oz chili beans sauce undrained canned
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 10 10-inch flour tortilla ()
- ☐ 1.5 cups cheddar cheese shredded

- ☐ 1 serving salsa thick
- ☐ 1 serving cream sour

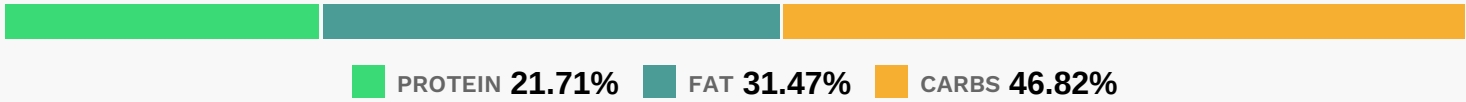
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Lightly grease 13x-9-inch pan. In large skillet, cook ground beef, potatoes, onion and chiles over medium-high heat for 5 to 7 minutes or until beef is thoroughly cooked and vegetables are tender, stirring frequently.
- ☐ Drain.
- ☐ Add beans, salt and pepper; mix well. Bring to a boil. Reduce heat; simmer 5 minutes, stirring frequently.
- ☐ Spoon 1/2 cup beef mixture in center of each tortilla.
- ☐ Sprinkle each with heaping 2 tablespoons cheese.
- ☐ Roll up each tortilla, enclosing filling; fold ends under.
- ☐ Place seam side down in greased pan; cover with foil.
- ☐ Bake at 350°F. for 10 to 12 minutes or until thoroughly heated.
- ☐ Serve burritos with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:47.15, Glycemic Load:29.19, Inflammation Score:-8, Nutrition Score:37.117391233859%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg,

Kaempferol: 0.52mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 828.68kcal (41.43%), Fat: 28.66g (44.1%), Saturated Fat: 13.03g (81.45%), Carbohydrates: 95.96g (31.99%), Net Carbohydrates: 85.78g (31.19%), Sugar: 11.42g (12.68%), Cholesterol: 91.56mg (30.52%), Sodium: 2091.55mg (90.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.5g (88.99%), Selenium: 58.11µg (83.02%), Phosphorus: 794.23mg (79.42%), Vitamin B3: 12.21mg (61.07%), Zinc: 8.51mg (56.76%), Vitamin B1: 0.84mg (55.97%), Iron: 9.37mg (52.05%), Vitamin B2: 0.85mg (49.95%), Calcium: 493.76mg (49.38%), Vitamin B6: 0.9mg (45.06%), Folate: 178.73µg (44.68%), Manganese: 0.82mg (41.23%), Fiber: 10.18g (40.73%), Vitamin B12: 2.4µg (40.08%), Potassium: 1176.18mg (33.61%), Magnesium: 113.99mg (28.5%), Copper: 0.51mg (25.59%), Vitamin C: 19.76mg (23.95%), Vitamin K: 13.99µg (13.32%), Vitamin B5: 1.17mg (11.66%), Vitamin A: 457.57IU (9.15%), Vitamin E: 0.98mg (6.56%), Vitamin D: 0.29µg (1.96%)