



The Great Burrito Stack

READY IN



48 min.

SERVINGS



48

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup black beans canned rinsed
- 1 cup three cheese shredded with a touch of philadelphia kraft
- 1 cup cherry tomatoes quartered
- 1 tsp chili powder
- 2 Tbsp knudsen cream sour
- 0.5 cup regular corn frozen thawed
- 5 green onions thinly sliced
- 16 oz taco bellâ® refried beans canned
- 0.5 cup taco bellâ® & chunky salsa thick

4 8-inch tortillas whole wheat ()

Equipment

oven

Directions

Heat oven to 425F.

Mix first 4 ingredients until well blended; spread onto tortillas.

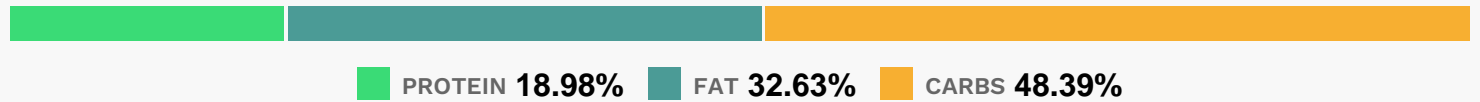
Place 1 tortilla in 13x9-inch dish sprayed with cooking spray; top with 1/4 each of the cheese, corn and onions. Repeat layers 3 times; cover.

Bake 25 to 28 min. or until heated through.

Top with tomatoes and sour cream.

Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:2.04, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:1.130869573873%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 31.78kcal (1.59%), Fat: 1.16g (1.78%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.62g (0.69%), Cholesterol: 2.65mg (0.88%), Sodium: 116.82mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Fiber: 0.91g (3.65%), Calcium: 29.07mg (2.91%), Vitamin K: 2.91µg (2.77%), Vitamin A: 92.01IU (1.84%), Phosphorus: 16.96mg (1.7%), Iron: 0.28mg (1.53%), Vitamin C: 1.17mg (1.42%), Selenium: 0.78µg (1.12%), Vitamin B2: 0.02mg (1.06%)