



Tomato Spinach and Bean Burrito

 Vegetarian  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado ripe sliced
- 15 ounce kidney beans drained and rinsed canned
- 2 tablespoons chili powder to taste
- 4 10-inch flour tortillas ()
- 10 ounce pkt spinach frozen thawed drained chopped
- 3 cloves garlic minced
- 1 teaspoon ground cumin
- 2 tablespoons olive oil

- 1 cup onion diced
- 4 tablespoons salsa
- 4 servings salt to taste
- 4 tablespoons cup heavy whipping cream sour
- 4 cups tomatoes fresh chopped
- 0.3 cup water

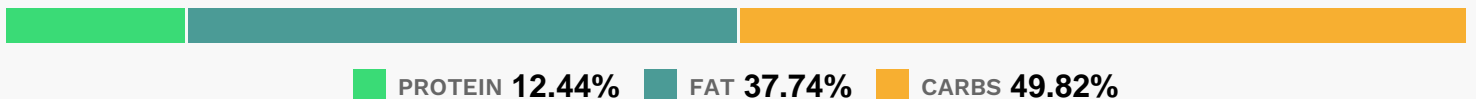
Equipment

- frying pan

Directions

- Heat oil in a large skillet on medium-high heat.
- Saute onion and garlic for 5 minutes. Stir in chili powder and cumin, and cook 1 minute. Stir in water, tomato, kidney beans and salt. Bring to a boil, then reduce heat and simmer for 20 minutes.
- Stir in spinach and cook 5 minutes more. Spoon 1/4 of the bean mixture into the middle of a warm tortilla. Wrap and garnish with avocado, sour cream and salsa.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:19.13, Inflammation Score:-10, Nutrition Score:40.402173867692%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

Nutrients (% of daily need)

Calories: 550.87kcal (27.54%), Fat: 24.16g (37.16%), Saturated Fat: 5.57g (34.81%), Carbohydrates: 71.74g (23.91%), Net Carbohydrates: 53.98g (19.63%), Sugar: 12.31g (13.68%), Cholesterol: 7.08mg (2.36%), Sodium: 1222.54mg (53.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.91g (35.82%), Vitamin K: 304.89µg (290.37%), Vitamin A: 10970.11IU (219.4%), Manganese: 1.59mg (79.46%), Fiber: 17.75g (71.02%), Folate: 269.46µg (67.36%), Vitamin E: 6.72mg (44.81%), Vitamin B1: 0.66mg (44.28%), Vitamin C: 34.33mg (41.61%), Potassium: 1416.73mg (40.48%), Phosphorus: 397.29mg (39.73%), Iron: 7.15mg (39.73%), Magnesium: 147.52mg (36.88%), Vitamin B2: 0.6mg (35.22%), Vitamin B6: 0.69mg (34.58%), Selenium: 23.18µg (33.12%), Vitamin B3: 6.48mg (32.39%), Copper: 0.6mg (29.81%), Calcium: 293.75mg (29.37%), Zinc: 2.37mg (15.77%), Vitamin B5: 1.32mg (13.21%)