



Vegetable and Rice Burritos with Quesadilla Cheese

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons canola oil divided
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 cup cremini mushrooms sliced
- ☐ 0.5 cup corn kernels fresh
- ☐ 1 teaspoon garlic divided chopped
- ☐ 0.8 cup grape tomatoes halved
- ☐ 0.1 teaspoon ground pepper red

- ☐ 1 tablespoon jalapeno chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 cup onion chopped
- ☐ 1 cup mexican blend cheese shredded packed
- ☐ 0.3 teaspoon salt divided
- ☐ 4 8-inch tortillas whole-wheat ()
- ☐ 0.7 cup water
- ☐ 0.3 cup rice long-grain white uncooked
- ☐ 0.8 cup zucchini halved lengthwise sliced

Equipment

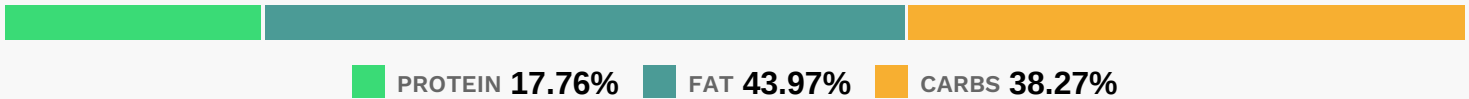
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Heat a small saucepan over medium-high heat.
- ☐ Add 1 teaspoon canola oil to pan; swirl to coat.
- ☐ Add rice and 1/2 teaspoon garlic; saut for 1 minute, stirring constantly.
- ☐ Add 2/3 cup water and 1/8 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Remove from heat; let stand for 10 minutes. Fluff with a fork; stir in jalapeo.
- ☐ Combine sour cream, chopped cilantro, juice, and red pepper in a small bowl.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add the remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add onion; saut 2 minutes, stirring frequently.
- ☐ Add remaining 1/2 teaspoon garlic and mushrooms; saut 1 minute, stirring frequently.

- ☐ Add corn and zucchini; saut 2 minutes, stirring frequently.
- ☐ Add remaining 1/8 teaspoon salt and tomatoes; saut 30 seconds or until tomatoes are thoroughly heated.
- ☐ Remove vegetable mixture from pan. Wipe pan clean with a paper towel.
- ☐ Heat tortillas according to package directions. Divide sour cream mixture evenly among tortillas; spread to a thin layer, leaving a 1/2-inch border. Top each tortilla with 1/4 cup cheese, about 1/4 cup rice mixture, and about 1/2 cup vegetable mixture.
- ☐ Roll up each, jelly-roll fashion. Return skillet to medium heat.
- ☐ Add 2 burritos to pan, seam side down; cook 1 minute on each side or until browned. Repeat procedure with remaining burritos.
- ☐ Garnish with cilantro leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:75.3, Glycemic Load:16.68, Inflammation Score:-6, Nutrition Score:15.38130426666%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 504.33kcal (25.22%), Fat: 24.95g (38.39%), Saturated Fat: 12.4g (77.47%), Carbohydrates: 48.87g (16.29%), Net Carbohydrates: 45.02g (16.37%), Sugar: 6.6g (7.33%), Cholesterol: 68.32mg (22.77%), Sodium: 840.08mg (36.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.68g (45.35%), Calcium: 544.16mg (54.42%), Manganese: 0.62mg (30.89%), Selenium: 19.31µg (27.59%), Vitamin B1: 0.36mg (24.07%), Vitamin C: 17.55mg (21.27%), Folate: 81.65µg (20.41%), Phosphorus: 200.32mg (20.03%), Vitamin B3: 3.89mg (19.47%), Vitamin B2: 0.31mg (18.18%), Fiber: 3.85g (15.39%), Iron: 2.43mg (13.49%), Potassium: 442.23mg (12.64%), Copper: 0.24mg (12.22%), Vitamin B6: 0.23mg (11.52%), Vitamin K: 11.1µg (10.57%), Magnesium: 37.44mg (9.36%), Vitamin A: 434.38IU (8.69%), Vitamin B5: 0.78mg (7.8%), Vitamin E: 1.12mg (7.46%), Zinc: 1mg (6.68%), Vitamin B12: 0.08µg (1.31%)