



Vegetarian Burrito Casserole

READY IN



65 min.

SERVINGS



8

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 10-inch burrito-size flour tortillas ()
- ☐ 28 ounce canned tomatoes whole drained canned
- ☐ 2.5 teaspoons chili powder
- ☐ 1 teaspoon cumin
- ☐ 2 jalapeño peppers fresh divided seeded sliced
- ☐ 14.3 ounce vegetarian refried beans divided canned
- ☐ 1.5 cups salsa divided
- ☐ 2.5 cups cheddar cheese shredded divided
- ☐ 12 ounce soy crumbles frozen burger-style

- ☐ 1.3 ounce taco seasoning
- ☐ 1.5 cups water
- ☐ 0.8 cup rice white

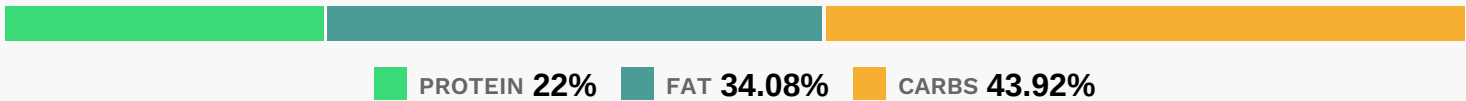
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a saucepan bring water to a boil.
- ☐ Add rice and stir. Reduce heat, cover, and simmer for 20 minutes.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Place soy crumbles, tomatoes, reserved tomato juice, chili powder, cumin, and taco seasoning in a medium frying pan over medium high heat. Cook and stir, breaking up tomatoes, for 10 minutes.
- ☐ Lay 1 flour tortilla in a lightly greased 8x8 inch baking dish.
- ☐ Layer with one half of the beans, jalapeno slices, rice, salsa, soy mixture, and 1 cup Cheddar cheese. Repeat layers with remaining ingredients, beginning with the flour tortilla, and top with remaining 1 1/2 cups Cheddar cheese.
- ☐ Bake in the preheated oven for 15 minutes, or until heated through and cheese is melted.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.52, Glycemic Load:14.69, Inflammation Score:-8, Nutrition Score:24.041304261788%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 412.23kcal (20.61%), Fat: 15.88g (24.42%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 46.03g (15.34%), Net Carbohydrates: 37.14g (13.5%), Sugar: 9.77g (10.85%), Cholesterol: 35.31mg (11.77%), Sodium: 1653.7mg (71.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.13%), Vitamin B12: 3.9µg (65.06%), Vitamin B1: 0.73mg (48.63%), Vitamin B3: 7.89mg (39.45%), Fiber: 8.89g (35.58%), Phosphorus: 354.58mg (35.46%), Calcium: 350.26mg (35.03%), Vitamin B6: 0.67mg (33.34%), Iron: 5.57mg (30.96%), Vitamin A: 1484.83IU (29.7%), Manganese: 0.54mg (26.88%), Selenium: 17.7µg (25.29%), Vitamin B2: 0.37mg (21.81%), Vitamin C: 16.22mg (19.66%), Potassium: 591.22mg (16.89%), Vitamin E: 2.49mg (16.61%), Zinc: 2.46mg (16.39%), Copper: 0.3mg (14.92%), Magnesium: 47.69mg (11.92%), Folate: 41.25µg (10.31%), Vitamin K: 10.75µg (10.24%), Vitamin B5: 0.74mg (7.41%), Vitamin D: 0.21µg (1.41%)