



## Vegetarian Burritos

 Vegetarian

READY IN



22 min.

SERVINGS



8

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 ounce baby spinach leaves fresh
- 15 ounce black beans rinsed drained canned
- 1.5 cups brown rice long-grain cooked
- 8 8-inch flour tortillas whole-wheat ()
- 8 ounce mushrooms fresh sliced
- 2 garlic cloves minced
- 0.5 teaspoon ground cumin
- 1 jalapeno seeded chopped

- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lime fresh
- 0.5 cup onion chopped
- 1 cup cheese mexican blend cheese shredded reduced-fat

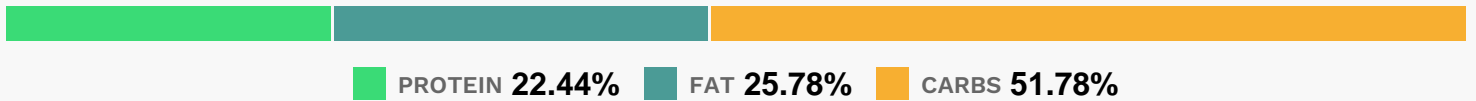
## Equipment

- frying pan

## Directions

- Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- Add onion, garlic, jalapeo, and mushrooms; saut 5 minutes, stirring occasionally. Gradually add spinach; cook 1 to 2 minutes, stirring until wilted. Stir in lime juice, salt, and cumin.
- Add rice and beans; cook, stirring constantly, 1 minute or until thoroughly heated.
- Add cheese, stirring until melted.
- Warm tortillas according to package directions. Spoon about 2/3 cup mushroom mixture down center of each tortilla; roll up.
- Serve with salsa, if desired.
- Kids Can Help: The kids can help scoop the mushroom mixture into the tortillas and then roll them up.

## Nutrition Facts



## Properties

Glycemic Index:19.75, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:17.677391303622%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

0.09mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

## Nutrients (% of daily need)

Calories: 160.17kcal (8.01%), Fat: 4.73g (7.27%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 21.37g (7.12%), Net Carbohydrates: 15.93g (5.79%), Sugar: 1.49g (1.66%), Cholesterol: 13.3mg (4.43%), Sodium: 455.33mg (19.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Vitamin K: 103.68µg (98.74%), Vitamin A: 2109.88IU (42.2%), Manganese: 0.73mg (36.73%), Fiber: 5.44g (21.76%), Folate: 84.81µg (21.2%), Phosphorus: 192.83mg (19.28%), Vitamin B2: 0.28mg (16.39%), Magnesium: 60.61mg (15.15%), Selenium: 10.01µg (14.31%), Calcium: 142.14mg (14.21%), Vitamin C: 11.63mg (14.09%), Copper: 0.27mg (13.63%), Potassium: 430.17mg (12.29%), Iron: 2.12mg (11.8%), Vitamin B1: 0.17mg (11.02%), Vitamin B3: 2.18mg (10.89%), Vitamin B6: 0.2mg (9.78%), Zinc: 1.26mg (8.41%), Vitamin B5: 0.71mg (7.06%), Vitamin E: 0.56mg (3.74%), Vitamin B12: 0.18µg (3.06%)