

Black Bean Burrito

Ingredients:

1 whole wheat flour tortilla

½ cup low sodium black beans

1 cup shredded lettuce

½ cup chopped tomato

2 tbsp. chopped onion

2 tbsp. salsa

1/4 cup mashed avocado

1 cup salsa







Nutrition Facts

Serving Size 1 burrito (280g) Servings Per Container 1			
Amount Per Ser	ving		
Calories 280 Calories from Fat 45			
		% Da	ily Value*
Total Fat 5g			8%
Saturated		0%	
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 190mg			8%
Total Carbohydrate 46g 15%			
Dietary Fiber 10g 40°			40%
Sugars 3g			
Protein 12g			
Vitamin A 50	% •	Vitamin 0	15%
Calcium 8%	•	Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than Less than Less than tte	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Fat 9 • Carbohydrate 4 • Protein 4			

Directions:

- 1. Heat oil in a pan on medium low. Sauté onions until translucent. Add low sodium black beans and cook until warm. Mash beans slightly with back of spoon.
- 2. Onto open warmed tortilla, spread bean mixture.
- 3. On top of beans spread mashed avocado. Sprinkle remaining items. Fold burrito style.