

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
- ¼ cup mashed avocado
- 1 cup salsa



Nutrition Facts

Serving Size 1 burrito (280g)
Servings Per Container 1

Amount Per Serving

Calories 280 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 46g **15%**

 Dietary Fiber 10g **40%**

 Sugars 3g

Protein 12g

Vitamin A 50% • Vitamin C 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	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

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.