

Bean Burrito

Yield: 1 min
Total Time: 2 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-bean-burrito-recipe-uk>

Ingredients:

- 1 flour tortilla
- 1 1/2 tablespoons rice
- 3 tablespoons beans
- 1 tablespoon salsa I used Tostitos Chunky
- 1 tablespoon sour cream
- 2 tablespoons shredded cheese
- 2 tablespoons lettuce
- 1 black olives

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 20 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 6 grams
8. Sodium: 520 milligrams
9. Sugar: 3 grams

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