

Mexican Bean Wrap

Yield: 8 min
Total Time: 25 min

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

Ingredients:

- 8 tortilla
- 15 1/2 ounces black beans
- 1 onion
- bell pepper = 1 large, sliced thin
- 1 jalapeno
- 1 teaspoon cumin powder
- cilantro – a handful, finely chopped
- 1 cup guacamole
- 1 cup mexican blend cheese
- 2 teaspoons oil
- salt – to taste

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 49 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 10 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 950 milligrams
8. Sugar: 3 grams

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