

Protein Quinoa & Bean Burrito Wrap

Yield: 8 min
Total Time: 45 min

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

Ingredients:

- 2 cups quinoa cooked Mexican Style
- 1 cup black beans rinsed and drained
- 1 cup Mexican style cheese reduced-fat grated
- 1/2 cup salsa
- 4 whole tortillas or grain wraps

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 15 milligrams
4. Fat: 10 grams
5. Fiber: 6 grams
6. Protein: 14 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 600 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Protein Quinoa & Bean Burrito Wrap above. You can see more 18 mexican burrito wrap recipe Deliciousness awaits you! to get more great cooking ideas.