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Steak Crunchy Cheesy Core Burrito

The Steak Crunchy Cheesy Core Burrito is a delicious and filling burrito that features a crunchy and cheesy core. It is made with tender steak, crispy vegetables, and melted cheese, all wrapped in a warm tortilla. This burrito is perfect for a hearty meal and can be enjoyed for lunch or dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	steak
4 pieces	tortilla
200 g	Cheese

100 g	lettuce
100 g	Tomato
50 g	onion
100 g	Avocado
50 g	sour cream
50 g	salsa
5 g	Salt
2 g	Pepper
10 g	Oil

Directions

Step 1

Grilling

Season the steak with salt and pepper.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Grilling

Cook the steak on a hot grill for 5-7 minutes on each side, or until desired doneness.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Cutting

Let the steak rest for 5 minutes, then slice it into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Warm the tortillas in a dry skillet or on a grill for a few seconds on each side.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Spread a layer of cheese on each tortilla.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Place a few slices of steak, lettuce, tomato, onion, and avocado on top of the cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Fold the sides of the tortilla over the filling, then roll it up tightly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Stove

Heat oil in a skillet over medium heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Frying

Place the burritos in the skillet, seam side down, and cook for 2-3 minutes on each side, or until golden and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 10

Serve the burritos with sour cream and salsa.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	35 g	63.64%	70%
Fibers	6 g	15.79%	24%
Sugars	3 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Mexican

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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