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## Black Bean Quinoa Burrito ♦♦

A delicious vegetarian burrito made with black beans and quinoa. It's a healthy and filling meal option.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

2 c	Black Beans
1 c	Quinoa
4 pieces	tortillas
2 pieces	Avocado
2 pieces	Tomato

<b>2 c</b>	lettuce
<b>1 c</b>	salsa
<b>1 c</b>	sour cream
<b>1 c</b>	cheese
<b>4 tbsp</b>	Cilantro
<b>2 tbsp</b>	Lime juice
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Pepper
<b>1 tsp</b>	Cumin
<b>1 tsp</b>	Paprika
<b>1 tsp</b>	Garlic powder

## Directions

### Step 1

Boiling

Cook quinoa according to package instructions.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

### Step 2

Stove

In a large pan, heat black beans over medium heat. Add salt, pepper, cumin, paprika, and garlic powder. Cook for 5-7 minutes.

**Prep Time:** 2 mins

**Cook Time:** 7 mins

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### Step 3

In a small bowl, mash avocado with lime juice, salt, and pepper.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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### Step 4

Microwaving

Warm tortillas in a dry pan or microwave.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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### Step 5

Assemble burritos by spreading mashed avocado on tortillas, then adding cooked quinoa, black beans, diced tomatoes, lettuce, salsa, sour cream, cheese, and cilantro. Roll tightly.

**Prep Time:** 4 mins

**Cook Time:** 0 mins

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## Step 6

Serve burritos warm.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 10 g

**Protein:** 15 g

**Carbohydrates:** 60 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	12 g	31.58%	48%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Mexican

### Course

Salads

Snacks

### Cultural

Chinese New Year

### Diet

South Beach Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

The Cabbage Soup Diet

The Hallelujah Diet

The Mayo Clinic Diet

The Beverly Hills Diet

The Hollywood Diet

The Lemonade Diet

The Grapefruit Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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