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One Pot Quinoa and Black Bean Wraps ♦

One Pot Quinoa and Black Bean Wraps are a delicious and nutritious vegetarian meal. This recipe combines quinoa, black beans, and a variety of vegetables and spices to create a flavorful and satisfying wrap. The dish is easy to prepare and can be enjoyed for lunch or dinner.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

200 g	Quinoa
200 g	Black Beans
100 g	Red Bell Pepper
100 g	yellow bell pepper

50 g	red onion
20 g	Cilantro
30 ml	lime juice
15 ml	olive oil
1 tsp	cumin
1 tsp	chili powder
0.5 tsp	salt
4 pieces	tortillas

Directions

Step 1

Boiling

Cook quinoa according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Sautéing

In a large pan, heat olive oil over medium heat. Add red bell pepper, yellow bell pepper, and red onion. Sauté until vegetables are tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stirring

Add cooked quinoa, black beans, cumin, chili powder, and salt to the pan. Stir to combine and cook for an additional 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stirring

Remove from heat and stir in cilantro and lime juice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Microwaving

Warm tortillas in a dry skillet or microwave.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Serving

Spoon quinoa and black bean mixture onto each tortilla. Roll up tightly and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 5 g

Protein: 12 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	10 g	26.32%	40%
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	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	8 mg	0.8%	0.8%
Iron	20 mg	250%	111.11%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Brunch

Supper

Dinner

Course

Salads

Snacks

Cultural

Chinese New Year

Diwali

Oktoberfest

Ramadan

Thanksgiving

Easter

Cost

Under \$10

\$20 to \$30

\$40 to \$50

Difficulty Level

Medium

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