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## Beef Burritos ♦♦

Beef burritos are a delicious Mexican dish made with seasoned ground beef, tortillas, and various toppings. They are typically rolled up and served with salsa, sour cream, and guacamole. This recipe provides step-by-step instructions on how to make flavorful beef burritos that are perfect for a quick and satisfying meal.

**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

<b>500 g</b>	Ground Beef
<b>8 pieces</b>	tortillas
<b>100 g</b>	onion
<b>2 cloves</b>	garlic

<b>2 tsp</b>	Cumin
<b>1 tsp</b>	Chili powder
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Pepper
<b>2 tbsp</b>	olive oil
<b>1 c</b>	salsa
<b>1 c</b>	sour cream
<b>1 c</b>	guacamole

## Directions

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### Step 1

#### Sautéing

Heat olive oil in a pan over medium heat. Add chopped onion and minced garlic. Cook until onion is translucent.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

### Step 2

#### Cooking

Add ground beef to the pan. Cook until browned and fully cooked.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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### Step 3

**Cooking**

Add cumin, chili powder, salt, and pepper to the pan. Stir well to combine. Cook for an additional 2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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### Step 4

**Preparation**

Warm tortillas in a dry skillet or microwave. Place a spoonful of the beef mixture onto each tortilla. Top with salsa, sour cream, and guacamole.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

**Preparation**

Roll up the tortillas tightly, tucking in the sides as you go. Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 20 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
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	8 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	20 mg	181.82%	250%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Cuisines

Mexican

Italian

### Course

Drinks

Snacks

Appetizers

Main Dishes

Side Dishes

Salads

### Cultural

Chinese New Year

### Diet

Anti-Inflammatory Diet

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Iron

### Kitchen Tools

Blender

Oven

### Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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