



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Steak Burrito

A delicious and hearty burrito filled with seasoned steak, rice, beans, and a variety of toppings. Perfect for a 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

500 g	steak
200 g	Rice
200 g	Black Beans
400 g	tortilla
100 g	lettuce
100 g	Tomato

100 g	Cheese
50 g	Sour cream
50 g	Guacamole
50 g	Salsa

Directions

Step 1

Grilling

Marinate the steak with your preferred seasonings.

Prep Time: 10 mins

Cook Time: 15 mins

Step 2

Boiling

Cook the rice according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 3

Boiling

Heat the black beans in a saucepan.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Stove

Warm the tortillas on a skillet or in the oven.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Assemble the burritos by layering the ingredients on the tortillas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Fold the tortillas into burritos and serve.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 550 kcal

Fat: 25 g

Protein: 35 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	8 g	21.05%	32%
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	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	25 g	89.29%	100%
Cholesterol	100 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	30 mcg	1250%	1250%
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	25 mg	312.5%	138.89%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Cuisines

Mexican

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Cutting

Cut

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com