



Burrito para el Desayuno

Ingredientes:

- 1 1/3 frijoles negros – machucados con 1 cucharadita de aceite de canola, o utilice frijoles refritos vegetarianos
- 4 tortillas de maíz
- 2 cucharadas cebolla roja picada
- 1/2 taza tomates picados
- 1/2 taza salsa baja en sodio
- 4 cucharadas yogurt natural (sin sabor) bajo en grasa
- 2 cucharadas cilantro picado

Instrucciones:

1. Mezcle los frijoles, la cebolla y los tomates.
2. Coloque las tortillas en el horno de microondas entre dos pedazos de papel húmedo y caliente durante 15 segundos a máxima potencia.
3. Divida la mezcla entre las tortillas.
4. Doble cada tortilla con el relleno.
5. Coloque los burritos en un recipiente para microondas y coloque la salsa sobre cada burrito.
6. Caliente durante 15 segundos a máxima potencia.
7. Sirva con un poco de yogurt y cilantro encima.

Rinde: 4 porciones

Fuente: Michigan Department of Community Health, “Healthy Recipes”

Nutrition Facts			
Serving Size: 1 burrito, 1/4 of the recipe (158g)			
Servings Per Recipe: 4			
Amount Per Serving			
Calories	160	Calories from Fat	20
% Daily Value *			
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	220mg		9%
Total Carbohydrate	29g		10%
Dietary Fiber	7g		28%
Sugars	3g		
Protein	8g		
Vitamin A	6%	Vitamin C	8%
Calcium	8%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
12.5% calories from fat			



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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