

# It's Burrito Time!



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Sometimes you just crave an authentic Mexican meal, and sometimes you want a quick lunch or dinner that packs just a hint of

Latin heat. For those quick fixes, a packaged burrito from the supermarket may be just the ticket. But can those burritos fit into a healthy eating plan?

Today's ready to heat-and-eat burritos are growing in popularity, and come with a wide variety of fillings, such as steak, chicken, tofu, beans, or vegetables. Some contain more than half a day's worth of sodium and the fat equivalent of three tablespoons of butter (300 calories, 33 grams of fat). However, there are plenty of burritos with healthier ingredients that provide a good dose of fiber and protein, and more reasonable levels of fat and sodium.

**Helpful hints.** Follow our tips to get a fast burrito that's better for you than those in most fast food restaurants.

- **Size matters.** Most frozen burritos are approximately the same size—170 grams/6 ounces. But some varieties run smaller or larger. Those extra large burritos tend to contain much higher levels of calories, fat, and sodium, but the smaller ones may not be filling enough, encouraging you to eat two for a satisfying meal. Keep in mind you'll need to double all of the nutrition information in that case.
- **Balance it out.** While most burritos are good sources of protein, and many provide a fair amount of fiber, they typically are lacking in key vitamins and minerals such as calcium and vitamins A and C. To create a well-rounded meal, include some add-ons to your burrito meal—a glass of skim milk or low fat yogurt, a green salad, and some fruit.
- **Garnish.** A plain burrito can be dry. You may choose to top it with sour cream, guacamole, or extra cheese. Be careful, however as these toppings can add calories, fat, and sodium to your meal. Serving sizes are typically a tablespoon, so a few big dollops can really send your fat and sodium intake sky high. Your condiment of choice should be a simple tomato salsa. [EN](#)

—Heidi McIndoo, MS, RD



## Frozen Burritos Nutrition Comparison

✓ = **EN's Picks.** Meatless picks contain no more than 350 calories (18% DV), 8 g fat (12% DV), 1.5 g saturated fat (8% DV), and 700 mg sodium (29% DV). Beef/Chicken picks contain no more than 350 calories (18% DV), 10 g fat (15% DV), 2 g saturated fat (10% DV), and 700 mg sodium (29% DV).

FROZEN BURRITOS	Size (g)	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Protein (g)	Fiber (g)
<b>MEATLESS</b>								
365 Bean & Cheese	170	260	8	2.5	40	490	7	3
✓ Amy's Blackbean	170	290	8	0.5	45	680	8	6
Amy's Cheddar Cheese	170	310	9	2.5	46	580	11	7
✓ Amy's Especial	170	300	7	1.5	50	620	9	4
✓ Amy's Non Dairy	170	320	8	1	52	580	10	8
Amy's Southwestern Burrito	156	290	10	3.5	38	680	12	6
✓ Cedarlane Beans, Rice, & Cheese Style	170	260	1	0	48	490	13	7
✓ El Monterey Bean & Cheese	113	230	6	1.5	35	300	8	3
Evol Bean, Rice & Cheddar	170	350	10	2	54	320	12	6
✓ Los Campanos Bean & Cheese	113	220	4	0	40	620	8	3
✓ Tina's Burritos Spicy Bean & Cheese	113	260	7	1.5	39	500	9	4
✓ Trader Jose's 99% Fat Free Bean & Rice Burrito	169	260	1	0	48	490	13	7
Trader Jose's Mildly Spiced Vegetarian Burritos	198	350	10	1	57	680	9	5
Wegman's Bean & Cheese	170	280	3.5	1.5	53	790	10	6
✓ Wegman's Organic Beans, Rice, Vegetables, & Cheese	170	280	4.5	1.5	50	700	10	6
✓ Wegman's Organic Soy Chorizo & Potato	170	300	7	0.5	44	630	15	7
<b>BEEF/CHICKEN</b>								
✓ 365 Bean & Chicken	170	300	7	1.5	44	670	15	4
365 Potato & Beef	170	320	9	2.5	46	750	13	4
El Monterey Beef & Bean	113	290	14	5	33	340	9	3
✓ El Monterey Chicken, Rice, & Beans	113	210	5	1	32	350	9	2
El Monterey Jalapeno Beef & Bean	283	730	34	12	83	870	23	7
✓ Evol Chicken, Bean & Rice	170	340	10	2	48	440	15	4
Evol Chipotle Chicken	312	520	11	3	79	790	27	6
Evol Cilantro Lime Chicken	170	340	11	2	49	210	15	4
Evol Fire Grilled Steak Fajita	198	370	9	3	52	600	20	4
Evol Shredded Beef	170	360	12	3	48	360	15	4
El Monterey Shredded Beef	170	360	12	3	48	360	15	4
Los Campanos Beef & Bean	113	370	14	5	50	370	10	4
✓ PJs Organics Traditional Chicken	170	340	8	2	50	570	17	4
Red's All Natural Chicken	312	500	12	3	75	620	22	11
Red's All Natural Steak	312	520	13	4	80	610	21	12
Tina's Burritos Beef & Bean	113	330	15	5	39	550	9	4
Tina's Burritos Red Hot Beef	113	340	16	5	39	570	9	4

Note: pkg=package, g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: food labels and company website.