Post-Workout meal: Spicy Burrito with minced meat and veggies (Hot)

Nutrition Facts

Amount Per Burrito

Calories	456 kcal
Protein	50g
Carbohydrate	33.4g
Fat	13.3g
Dietary Fiber	3.9g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 150g Minced meat (low-fat)
- 50g Tomatoes
- 30g Paprika
- 30g Leaf salad
- 20g Onion
- 10g Garlic
- 100g Cottage cheese (low-fat)
- 1 Wrap (45g)
- 5ml Tabasco
- Cumin

Preparation:

Cut onion and garlic and roast it until golden brown. Add a bit of cumin. Afterwards add minced meat and roast it for another 10-12 minutes. Finally add paprika and flavor it with salt and pepper. Roast it for 4-5 minutes. Spread cottage cheese on the wrap and add some fresh tomatoes and leaf salad. Add minced meat, onions, garlic and paprika and a bit of tabasco (hot!). One burrito gives you 456 kcal with 50 grams of protein - ideal to gain muscles. If you don´t know your needed calorie intake check out our Calorie Calculator. If you need your personalized Meal Plan, you can get it here. Enjoy this tasty burrito and stay fit!

Product recommendations for this fitness recipe: