



Beef Breakfast Burrito

READY IN



25 min.

SERVINGS



4

CALORIES



449 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 eggs beaten
- ☐ 4 10-inch flour tortillas plain warmed diameter
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 2 teaspoons ground ancho chile powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 12 ounces ground beef 96% lean
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup cheddar cheese shredded reduced-fat
- ☐ 1 small onion finely chopped

- ☐ 1 medium bell pepper red chopped
- ☐ 4 servings salsa
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

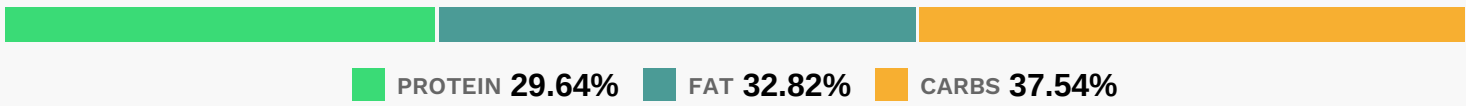
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine Lime-Cilantro Cream ingredients in small bowl, if desired. Set aside.
- ☐ Heat large nonstick skillet over medium heat until hot.
- ☐ Add ground beef with bell pepper, onion, chili powder and cumin; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally.
- ☐ Remove beef mixture from skillet; keep warm.
- ☐ Combine eggs, water and 1 tablespoon cilantro in medium bowl. Spray same skillet with cooking spray.
- ☐ Pour into skillet; cook over medium heat 2 to 3 minutes or until scrambled, stirring occasionally. Season with salt, if desired. Stir in beef mixture and cheese; cook 1 minute or until heated through, stirring occasionally.
- ☐ Spoon beef mixture evenly in a row across center of each tortilla, leaving 1-inch border on right and left sides. Fold right and left sides of tortilla over filling. Fold bottom edge up over filling and roll up; cut diagonally in half.
- ☐ Serve with Lime-Cilantro Cream and salsa, as desired.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:11.66, Inflammation Score:-9, Nutrition Score:27.659565448761%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 448.69kcal (22.43%), Fat: 16.21g (24.94%), Saturated Fat: 6.48g (40.49%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 37.39g (13.6%), Sugar: 6.16g (6.85%), Cholesterol: 222.2mg (74.07%), Sodium: 1080.71mg (46.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.94g (65.89%), Selenium: 45.99µg (65.7%), Vitamin C: 41.16mg (49.89%), Phosphorus: 482mg (48.2%), Vitamin B3: 8.61mg (43.05%), Vitamin B12: 2.45µg (40.86%), Zinc: 5.9mg (39.31%), Vitamin B2: 0.61mg (36.15%), Vitamin A: 1686.01IU (33.72%), Iron: 5.99mg (33.29%), Vitamin B6: 0.64mg (32.24%), Vitamin B1: 0.45mg (29.85%), Folate: 111.63µg (27.91%), Calcium: 263.43mg (26.34%), Manganese: 0.49mg (24.27%), Potassium: 650.96mg (18.6%), Fiber: 4.34g (17.36%), Vitamin B5: 1.53mg (15.3%), Magnesium: 55.59mg (13.9%), Vitamin E: 1.98mg (13.2%), Copper: 0.22mg (10.97%), Vitamin K: 9.85µg (9.38%), Vitamin D: 1µg (6.68%)