



## Big Ole Tex-Mex Burrito Omelet

 Gluten Free

READY IN



77 min.

SERVINGS



4

CALORIES



563 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1 pinch cayenne pepper
- 1 link mexican chorizo casing removed
- 8 large eggs beaten
- 1 small bunch cilantro leaves fresh
- 1 bell pepper green chopped
- 0.5 teaspoon ground cumin
- 1 jalapeno halved
- 4 servings kosher salt and freshly

- 4 servings kosher salt and pepper black freshly ground
- 1 cup beans mixed drained and rinsed canned (pinto, cannellini and/or black beans)
- 1 tablespoon milk
- 2 tablespoons olive oil extra-virgin
- 1 pinch paprika
- 0.5 cup pepper jack cheese shredded
- 1 plum tomatoes seeded chopped for garnish
- 4 servings cup heavy whipping cream sour with half-and-half, for garnish
- 1 pound tomatillos husked rinsed quartered
- 1 tablespoon butter unsalted
- 1 medium vidalia onion quartered

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- blender
- spatula

## Directions

- Make the sauce: Preheat the oven to 400 degrees F. Toss the tomatillos, onion, jalapeno and olive oil on a baking sheet and season with salt and black pepper. Roast until browned, about 45 minutes. Puree in a blender with the cilantro, thinning with water as needed. Season with salt.
- Meanwhile, prepare the omelet: Cook the chorizo in a large nonstick skillet over medium-high heat until crisp, breaking it up, 4 to 5 minutes.
- Transfer to a paper-towel-lined plate. Stir the cumin, cayenne and paprika into the drippings in the skillet.

- Add the beans and saute until soft, about 5 minutes. Season with salt and black pepper, then add the bell pepper and cook 1 to 2 more minutes.
- Transfer to a bowl.
- Whisk the eggs and milk in another bowl. Wipe out the skillet, reduce the heat to medium and add 1/2 tablespoon butter.
- Pour half of the egg mixture into the skillet and cook until the center is no longer liquid, loosening the edges with a rubber spatula and tilting the skillet to let the uncooked egg run underneath. Shake the pan to loosen the omelet, then spoon half of the bean mixture, chorizo and cheese down the center. Fold in both sides to cover the filling, then flip the omelet so it is seam-side down and cook 1 more minute. Repeat with the remaining butter, egg mixture and fillings to make another omelet. Top with the tomatillo sauce and garnish with the crema and tomato.
- Photograph by Stephanie Foley

## Nutrition Facts

**PROTEIN 20.71%** **FAT 62.39%** **CARBS 16.9%**

### Properties

Glycemic Index:85.25, Glycemic Load:2.6, Inflammation Score:-8, Nutrition Score:24.347391170004%

### Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 14mg, Quercetin: 14mg, Quercetin: 14mg, Quercetin: 14mg

### Nutrients (% of daily need)

Calories: 563.2kcal (28.16%), Fat: 39.14g (60.21%), Saturated Fat: 13.3g (83.15%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 17.69g (6.43%), Sugar: 11.82g (13.13%), Cholesterol: 431.43mg (143.81%), Sodium: 609.13mg (26.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.45%), Vitamin C: 48.37mg (58.63%), Selenium: 34.38µg (49.11%), Phosphorus: 391.91mg (39.19%), Vitamin B2: 0.62mg (36.64%), Vitamin A: 1554.86IU (31.1%), Vitamin K: 29.13µg (27.74%), Iron: 4.69mg (26.06%), Fiber: 6.16g (24.63%), Vitamin B6: 0.49mg (24.46%), Manganese: 0.48mg (24.17%), Folate: 95.69µg (23.92%), Calcium: 237.49mg (23.75%), Potassium: 788.22mg (22.52%), Vitamin E: 3.03mg (20.18%), Vitamin B5: 1.96mg (19.57%), Vitamin B12: 1.03µg (17.22%), Magnesium: 66.63mg (16.66%), Zinc: 2.46mg (16.39%), Copper: 0.32mg (15.84%), Vitamin D: 2.18µg (14.52%), Vitamin B3:

2.84mg (14.2%), Vitamin B1: 0.2mg (13.49%)