



BOCA Morning Burritos

READY IN



25 min.

SERVINGS



25

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 boca veggie breakfast links frozen coarsely chopped
- 0.5 cup milk colby & monterey jack cheeses shredded 2% kraft
- 1 cup cholesterol-free egg product
- 0.3 cup milk fat-free
- 4 6-inch flour tortillas warmed ()
- 2 green onions sliced

Equipment

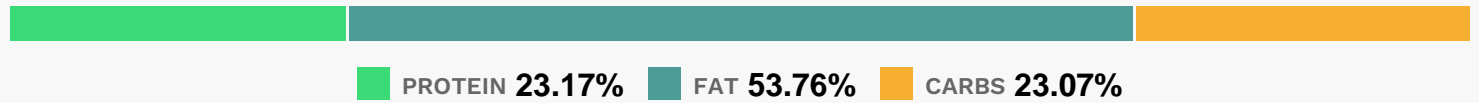
- frying pan

whisk

Directions

- Beat egg product and milk with whisk until well blended. Stir in chopped links and onions; pour into nonstick skillet.
- Cook on medium heat 8 min. or until egg product is set, stirring occasionally. Top with cheese; cover. Cook 1 to 2 min. or until cheese is melted.
- Spoon onto tortillas. Fold in opposite sides of each tortilla, then roll up burrito style.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:2.076956515079%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 47.43kcal (2.37%), Fat: 2.8g (4.3%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.51g (0.91%), Sugar: 0.37g (0.42%), Cholesterol: 40.47mg (13.49%), Sodium: 81.5mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Selenium: 4.49µg (6.42%), Phosphorus: 47.42mg (4.74%), Vitamin B2: 0.07mg (4.4%), Calcium: 34.68mg (3.47%), Folate: 10.24µg (2.56%), Vitamin B1: 0.04mg (2.46%), Vitamin B12: 0.14µg (2.38%), Vitamin K: 2.44µg (2.33%), Iron: 0.41mg (2.25%), Zinc: 0.3mg (1.99%), Vitamin A: 95.1IU (1.9%), Vitamin B5: 0.19mg (1.88%), Vitamin D: 0.27µg (1.79%), Vitamin B3: 0.34mg (1.71%), Vitamin B6: 0.03mg (1.54%), Manganese: 0.03mg (1.42%), Potassium: 35.46mg (1.01%)