



Breakfast Burrito Cups

READY IN



35 min.

SERVINGS



4

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 eggs
- ☐ 1 flour tortilla
- ☐ 4 precooked breakfast sausage links
- ☐ 4 tbsp cheese shredded

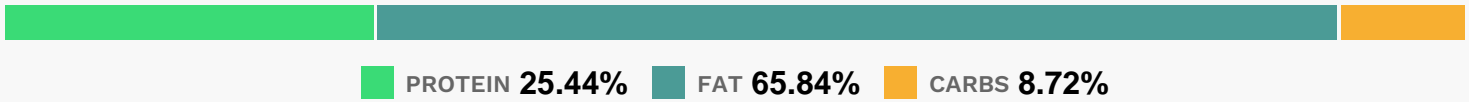
Equipment

- ☐ oven
- ☐ knife
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375F. Spray muffin pan molds.
- ☐ Take flour tortilla and cut rounds slightly bigger than size of muffin molds. I used a biscuit cutter to make the indents and then used a knife to cut through. Line bottom of muffin molds with the tortilla rounds. The rounds should be slightly bigger than the bottom of the muffin molds (see above photo).
- ☐ Slice precooked sausages into small pieces. I sliced mine about 1/3 inch thick.
- ☐ Add a few pieces of sausage to each cup, about 4 (this may vary depending on the size of your sausage pieces. Attempt to line up sausages so that they form a circle where the egg yolk can sit in the middle and hold the egg yolk stable.
- ☐ Sprinkle 1 tbsp of shredded cheese over sausages.
- ☐ Crack an egg on top, carefully guiding the egg yolk to the middle which should be supported by sausages to help keep the egg yolk in place. Try to not place the entire amount of egg white in. I always leave a little out or else the egg white takes a long time to cook and your egg yolk might overcook.
- ☐ Bake in preheated oven for about 18–20 minutes until egg whites are fully cooked and egg yolk reaches desired doneness.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.22, Inflammation Score:-2, Nutrition Score:7.4769565093776%

Nutrients (% of daily need)

Calories: 196.49kcal (9.82%), Fat: 14.11g (21.71%), Saturated Fat: 5.18g (32.36%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 3.95g (1.43%), Sugar: 0.53g (0.59%), Cholesterol: 190.55mg (63.52%), Sodium: 349.05mg (15.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.54%), Selenium: 16.63µg (23.75%), Phosphorus: 170.46mg (17.05%), Vitamin B2: 0.28mg (16.5%), Vitamin B12: 0.82µg (13.72%), Zinc: 1.46mg (9.75%), Vitamin B1: 0.13mg (8.99%), Vitamin B5: 0.89mg (8.87%), Vitamin D: 1.28µg (8.52%), Vitamin B3: 1.69mg (8.45%), Vitamin B6: 0.17mg (8.4%), Calcium: 81.04mg (8.1%), Iron: 1.39mg (7.72%), Folate: 28.6µg (7.15%), Vitamin A: 316.06IU (6.32%), Potassium: 145.99mg (4.17%), Vitamin E: 0.53mg (3.54%), Magnesium: 12.55mg (3.14%), Copper: 0.06mg (2.94%), Manganese: 0.05mg (2.67%), Fiber: 0.26g (1.05%)