



Breakfast Burrito with Eggs and Nopales

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 cactus pads trimmed
- ☐ 4 6-inch corn tortillas ()
- ☐ 0.8 cup egg substitute
- ☐ 4 teaspoons cilantro leaves fresh chopped
- ☐ 0.3 cup onion chopped
- ☐ 2 ounces part-skim queso oaxaca light grated (or Monterey Jack)
- ☐ 0.3 cup plum tomatoes seeded chopped
- ☐ 0.8 teaspoon salt

- ☐ 1 teaspoon serrano chile seeded chopped
- ☐ 4 teaspoons salsa de tomatillo
- ☐ 1 teaspoon vegetable oil

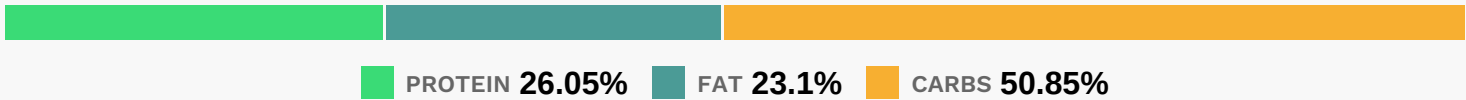
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ microwave

Directions

- ☐ Steam cactus, covered, 5 minutes; cool. Chop to measure 1/2 cup; set aside.
- ☐ Combine egg substitute and salt in a small bowl, stir with a fork.
- ☐ Heat oil in a large nonstick pan over medium heat; add onion and serrano, stirring frequently. Saut 2 minutes; stir in egg mixture, stirring constantly to prevent egg from sticking to pan.
- ☐ Remove from pan when eggs are thoroughly cooked; keep warm.
- ☐ Stack tortillas; wrap in damp paper towels and microwave on high for 25 seconds.
- ☐ Place one tortilla on each of 4 plates. Spoon 1/4 cup egg mixture over half of tortilla; top with 2 tablespoons cactus, 2 tablespoons cheese, 1 tablespoon tomato, 1 teaspoon Salsa de Tomatillo, and 1 teaspoon cilantro. Fold remaining tortilla half over filling; repeat with remaining tortillas and ingredients.
- ☐ Note: Look for cactus paddles in the produce section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:5.46, Inflammation Score:-4, Nutrition Score:7.6143478310626%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 118.36kcal (5.92%), Fat: 3.11g (4.78%), Saturated Fat: 1g (6.24%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 13.33g (4.85%), Sugar: 2.46g (2.73%), Cholesterol: 4.39mg (1.46%), Sodium: 591.91mg (25.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.78%), Selenium: 22.61µg (32.3%), Phosphorus: 147.72mg (14.77%), Vitamin B2: 0.22mg (13.18%), Calcium: 98.22mg (9.82%), Vitamin B5: 0.84mg (8.42%), Fiber: 2.07g (8.3%), Magnesium: 30.96mg (7.74%), Iron: 1.35mg (7.52%), Vitamin B6: 0.15mg (7.52%), Zinc: 1.02mg (6.82%), Potassium: 229.87mg (6.57%), Vitamin E: 0.98mg (6.52%), Vitamin A: 324.17IU (6.48%), Manganese: 0.13mg (6.39%), Vitamin B1: 0.09mg (6.23%), Vitamin D: 0.73µg (4.89%), Vitamin C: 3.72mg (4.51%), Folate: 15.29µg (3.82%), Vitamin K: 3.88µg (3.69%), Copper: 0.07mg (3.51%), Vitamin B12: 0.19µg (3.24%), Vitamin B3: 0.58mg (2.89%)