

Breakfast Burritos

READY IN



35 min.

SERVINGS



10

CALORIES



589 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 pound bacon
- ☐ 10 eggs
- ☐ 10 10-inch flour tortillas ()
- ☐ 16 ounce refried beans canned
- ☐ 8 ounces cheddar cheese shredded

Equipment

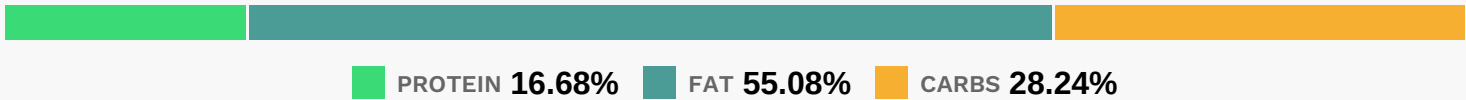
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, and set aside. Wrap the tortillas in foil and warm in the oven.
- ☐ Fry the eggs in a greased skillet until firm. In a small sauce pan heat the refried beans.
- ☐ Top each tortilla with refried beans, 2 strips of bacon, 1 egg and a little cheese.
- ☐ Roll tortillas into burritos and serve.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:12.25, Inflammation Score:-5, Nutrition Score:17.795217472574%

Nutrients (% of daily need)

Calories: 589.19kcal (29.46%), Fat: 35.49g (54.6%), Saturated Fat: 13.81g (86.29%), Carbohydrates: 40.94g (13.65%), Net Carbohydrates: 36.59g (13.3%), Sugar: 3.97g (4.41%), Cholesterol: 216.3mg (72.1%), Sodium: 1287.1mg (55.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.37%), Selenium: 44.65µg (63.79%), Phosphorus: 400.51mg (40.05%), Vitamin B1: 0.5mg (33.43%), Vitamin B2: 0.54mg (31.48%), Calcium: 304.42mg (30.44%), Vitamin B3: 4.96mg (24.82%), Folate: 91.24µg (22.81%), Iron: 3.94mg (21.9%), Manganese: 0.37mg (18.27%), Fiber: 4.36g (17.42%), Zinc: 2.31mg (15.37%), Vitamin B12: 0.86µg (14.31%), Vitamin B6: 0.25mg (12.62%), Vitamin B5: 1.13mg (11.35%), Vitamin A: 519.28IU (10.39%), Magnesium: 32.25mg (8.06%), Vitamin D: 1.2µg (7.98%), Potassium: 255.49mg (7.3%), Copper: 0.13mg (6.55%), Vitamin E: 0.83mg (5.51%), Vitamin K: 5.72µg (5.44%)