



Breakfast Burritos

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

539 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 10 oz canned tomatoes diced with chiles canned
- ☐ 5 eggs beaten
- ☐ 8 10-inch flour tortillas
- ☐ 16 oz sausage meat
- ☐ 8 oz mexican-blend cheese shredded

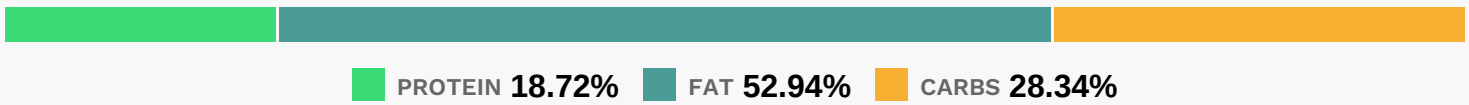
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Brown sausage in a skillet; drain. In a bowl, combine sausage, cheese and tomatoes.
- ☐ Cook eggs in the skillet.
- ☐ Add eggs to sausage mixture and mix thoroughly. Divide mixture evenly among tortillas and roll tightly.
- ☐ Seal tortillas by cooking for one to 2 minutes on a hot griddle sprayed with non-stick vegetable spray.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:11.65, Inflammation Score:-5, Nutrition Score:18.43434796126%

Nutrients (% of daily need)

Calories: 538.72kcal (26.94%), Fat: 31.43g (48.35%), Saturated Fat: 12.73g (79.53%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 34.73g (12.63%), Sugar: 4.61g (5.12%), Cholesterol: 170.06mg (56.69%), Sodium: 1133.71mg (49.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25g (50.01%), Phosphorus: 410.7mg (41.07%), Selenium: 28.52µg (40.74%), Vitamin B1: 0.55mg (36.81%), Calcium: 321.57mg (32.16%), Vitamin B3: 6.25mg (31.23%), Vitamin B2: 0.5mg (29.46%), Iron: 4.28mg (23.78%), Folate: 87.58µg (21.9%), Manganese: 0.43mg (21.37%), Zinc: 2.91mg (19.37%), Vitamin B12: 1.08µg (17.92%), Vitamin B6: 0.33mg (16.6%), Fiber: 3.12g (12.49%), Potassium: 393.99mg (11.26%), Vitamin B5: 1.09mg (10.86%), Magnesium: 40.81mg (10.2%), Copper: 0.2mg (10.1%), Vitamin D: 1.43µg (9.53%), Vitamin A: 454.04IU (9.08%), Vitamin K: 7.94µg (7.56%), Vitamin E: 0.91mg (6.07%), Vitamin C: 3.66mg (4.43%)