



Breakfast Burritos

READY IN



30 min.

SERVINGS



4

CALORIES



842 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 avocado sliced
- ☐ 7 ounces chorizo (see cooks' note, below)
- ☐ 4 large eggs
- ☐ 16 servings flour tortilla (9-to)
- ☐ 4 ounces monterrey jack cheese grated
- ☐ 1 tablespoons olive oil
- ☐ 8 ounces potato boiling peeled cut into 1/3-inch dice
- ☐ 0.3 cup salsa fresh
- ☐ 1 teaspoon water

Equipment

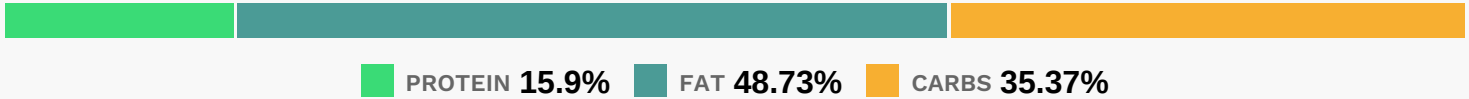
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Cut 4 (12-by 8-inch) sheets of foil.
- ☐ Cook potato in a small pot of salted boiling water until just tender, about 5 minutes.
- ☐ Drain.
- ☐ Wrap tortillas tightly in a large sheet of foil and warm in oven until heated through, 10 to 15 minutes.
- ☐ Meanwhile, cook chorizo in an 8-inch heavy skillet over medium heat, stirring and breaking it up, until just cooked through, 3 to 5 minutes.
- ☐ Add potato and cook over medium-low heat, stirring, until tender and lightly browned, about 3 minutes.
- ☐ Remove from heat and cover to keep warm.
- ☐ Whisk together eggs, water, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a medium bowl.
- ☐ Heat oil in a small nonstick skillet over medium heat until hot.
- ☐ Add egg mixture and cook, stirring to scramble, until just cooked through.
- ☐ Remove from heat.
- ☐ Put a tortilla on 1 sheet of foil. Spoon one fourth of chorizo mixture, one fourth of eggs, one fourth of cheese, one fourth of avocado, and then salsa to taste in vertical rows across center, leaving room to fold over bottom and sides. Fold bottom of tortilla over most of filling, then fold over sides, overlapping them. If desired, fold top down (otherwise, filling can be left exposed). Wrap foil around burrito, leaving top exposed. Make 3 more burritos in same manner and serve hot.

- ☐ If you can't find Mexican chorizo, you can use Spanish chorizo. Peel off casings and finely chop chorizo. Cook in small skillet over medium heat until warmed through and some of fat is rendered, about 2 minutes.
- ☐ Add potato and proceed with recipe.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:19.15, Inflammation Score:-8, Nutrition Score:28.566521851913%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 841.93kcal (42.1%), Fat: 45.44g (69.92%), Saturated Fat: 16.49g (103.07%), Carbohydrates: 74.23g (24.74%), Net Carbohydrates: 65.41g (23.78%), Sugar: 6.46g (7.18%), Cholesterol: 242.24mg (80.75%), Sodium: 1245.25mg (54.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.37g (66.74%), Selenium: 46.85µg (66.93%), Phosphorus: 537.99mg (53.8%), Folate: 192.96µg (48.24%), Vitamin B1: 0.71mg (47.54%), Vitamin B2: 0.77mg (45.03%), Calcium: 431.01mg (43.1%), Iron: 7.17mg (39.84%), Manganese: 0.78mg (38.98%), Vitamin B3: 7.08mg (35.38%), Fiber: 8.82g (35.29%), Vitamin K: 24.49µg (23.32%), Potassium: 785.62mg (22.45%), Vitamin B6: 0.43mg (21.62%), Vitamin B5: 1.91mg (19.12%), Zinc: 2.67mg (17.82%), Copper: 0.35mg (17.6%), Magnesium: 69.55mg (17.39%), Vitamin A: 820.52IU (16.41%), Vitamin E: 2.35mg (15.65%), Vitamin C: 10.21mg (12.38%), Vitamin B12: 0.68µg (11.34%), Vitamin D: 1.17µg (7.8%)