



## Breakfast Burritos with Green Salsa

READY IN



45 min.

SERVINGS



4

CALORIES



699 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.5 pound bulk chorizo sausage
- 4 burrito-size flour tortillas
- 1 tablespoon butter
- 1 tablespoon chili powder
- 4 ounce cream cheese
- 5 eggs lightly beaten
- 3 tablespoons cilantro leaves fresh chopped
- 0.3 cup salsa green
- 4 servings salt and ground pepper black to taste

- 2 tablespoons olive oil
- 8 small potatoes red cut into 1/4 inch slices

## Equipment

- frying pan
- baking sheet
- paper towels
- oven
- aluminum foil

## Directions

- Preheat oven to 200 degrees F (95 degrees C).
- Heat the olive oil in a large skillet over medium-high heat.
- Place the potato slices in the skillet and season with salt, pepper, and chili powder. Cook until the potatoes are tender, about 10 minutes.
- Remove from the pan to a baking sheet and put in the warm oven.
- Stir chorizo into skillet and cook until browned and crumbly, stirring frequently to break apart.
- Pour off the grease, then place the chorizo in the oven with the potatoes. Wipe the skillet dry with paper towels.
- Wrap the tortillas with aluminum foil and place in the warm oven.
- Melt butter in the skillet over medium-low heat.
- Pour in the eggs and continually stir while cooking. When the eggs are nearly set, mix in the chorizo and potatoes.
- Add the cream cheese and stir until melted; just before serving, fold in the cilantro.
- Place the tortillas onto individual plates and spoon the eggs onto the lower half of each. Fold the sides over the filling, then roll the tortillas into a tight cylinder; top with green salsa to serve.

## Nutrition Facts



■ PROTEIN 13.08% ■ FAT 45.56% ■ CARBS 41.36%

## Properties

Glycemic Index:43.75, Glycemic Load:5.12, Inflammation Score:-9, Nutrition Score:27.173913084942%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 698.67kcal (34.93%), Fat: 35.63g (54.82%), Saturated Fat: 15.83g (98.93%), Carbohydrates: 72.79g (24.26%), Net Carbohydrates: 65.24g (23.72%), Sugar: 7.8g (8.67%), Cholesterol: 280.76mg (93.59%), Sodium: 606.85mg (26.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.02g (46.04%), Potassium: 1769.3mg (50.55%), Vitamin C: 40.16mg (48.68%), Phosphorus: 415.58mg (41.56%), Selenium: 28.16µg (40.23%), Vitamin B6: 0.75mg (37.39%), Vitamin A: 1776.78IU (35.54%), Manganese: 0.69mg (34.71%), Iron: 5.58mg (31.02%), Vitamin B2: 0.53mg (31.01%), Vitamin B1: 0.46mg (30.69%), Fiber: 7.56g (30.24%), Folate: 118.67µg (29.67%), Vitamin B3: 5.54mg (27.69%), Copper: 0.55mg (27.68%), Magnesium: 93.85mg (23.46%), Vitamin B5: 2.03mg (20.27%), Vitamin K: 20.45µg (19.47%), Vitamin E: 2.72mg (18.11%), Calcium: 155.68mg (15.57%), Zinc: 2.22mg (14.83%), Vitamin B12: 0.56µg (9.3%), Vitamin D: 1.1µg (7.33%)