

DINNER

Breakfast Enchiladas

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	20 min	10 min	8	\$1.44	536 kcal



Breakfast Enchiladas might be just the main course you are searching for. One serving contains 536 calories, 27g of protein, and 35g of fat. This recipe serves 8. For \$1.44 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 tablespoons butter or margarine
- ☐ 8 8-inch (8-inch) flour tortillas
- ☐ 8 servings Toppings: halved grape tomatoes, sliced green onions, chopped fresh cilantro
- ☐ 1 pound package hot ground pork sausage
- ☐ 8 servings Cheese Sauce (see page 84)
- ☐ ¾ teaspoon salt
- ☐ 14 large eggs, beaten
- ☐ 2 tablespoons chopped fresh cilantro
- ☐ 4 green onions, thinly sliced
- ☐ 4 ounces cup shredded Monterey Jack cheese with jalapeños
- ☐ ½ teaspoon pepper

Method

- 1 Cook sausage in a large nonstick skillet over medium-high heat, stirring until sausage crumbles and is no longer pink.
- 2 Remove from pan; drain well, pressing between paper towels.
- 3 Melt butter in a large nonstick skillet over medium heat.
- 4 Add green onions and cilantro, and saut 1 minute.
- 5 Add eggs, salt, and pepper, and cook, without stirring, until eggs begin to set on bottom. Draw a spatula across bottom of pan to form large curds. Continue to cook until eggs are thickened but still moist; do not stir constantly.
- 6 Remove from heat, and gently fold in 1 1/2 cups Cheese Sauce and sausage.
- 7 Spoon about 1/3 cup egg mixture down the center of each flour tortilla; roll up.
- 8 Place, seam side down, in a lightly greased 13- x- 9-inch baking dish.
- 9 Pour remaining Cheese Sauce evenly over tortillas; sprinkle evenly with Monterey Jack cheese.
- 10 Bake at 350 for 30 minutes or until sauce is bubbly.
- 11 Serve with desired toppings.

Nutrition per serving

536

KCAL

27 g

PROTEIN

35 g

FAT

27 g

CARBS

Saturated Fat	12.6 g · 78% of daily needs
Fibre	2 g · 8% of daily needs
Sugar	2.5 g · 3% of daily needs
Sodium	1,206 mg · 52% of daily needs
Cholesterol	379 mg · 126% of daily needs
Vitamin C	1.7 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/breakfast-enchiladas-142912