



Breakfast Enchiladas

READY IN



30 min.

SERVINGS



8

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 14 large eggs beaten
- 8 8-inch flour tortilla ()
- 2 tablespoons cilantro leaves fresh chopped
- 8 servings grape tomatoes fresh halved sliced chopped
- 4 spring onion thinly sliced
- 1 pound sausage meat hot
- 4 ounces monterrey jack cheese shredded with jalapeños
- 8 servings nacho cheese dip (see)

0.5 teaspoon pepper

0.8 teaspoon salt

Equipment

frying pan

paper towels

oven

baking pan

spatula

Directions

Cook sausage in a large nonstick skillet over medium-high heat, stirring until sausage crumbles and is no longer pink.

Remove from pan; drain well, pressing between paper towels.

Melt butter in a large nonstick skillet over medium heat.

Add green onions and cilantro, and saut 1 minute.

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.

Remove from heat, and gently fold in 1 1/2 cups Cheese Sauce and sausage.

Spoon about 1/3 cup egg mixture down the center of each flour tortilla; roll up.

Place, seam side down, in a lightly greased 13- x- 9-inch baking dish.

Pour remaining Cheese Sauce evenly over tortillas; sprinkle evenly with Monterey Jack cheese.

Bake at 350 for 30 minutes or until sauce is bubbly.

Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:8.1, Inflammation Score:-6, Nutrition Score:19.926956653595%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 535.98kcal (26.8%), Fat: 34.75g (53.46%), Saturated Fat: 12.55g (78.44%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 24.6g (8.94%), Sugar: 2.49g (2.77%), Cholesterol: 379.03mg (126.34%), Sodium: 1205.57mg (52.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.87%), Selenium: 40.33µg (57.62%), Phosphorus: 421.3mg (42.13%), Vitamin B2: 0.67mg (39.7%), Vitamin B1: 0.45mg (30.25%), Vitamin B3: 5.04mg (25.2%), Calcium: 241.25mg (24.12%), Folate: 96.29µg (24.07%), Iron: 4.22mg (23.45%), Vitamin B12: 1.38µg (23.03%), Zinc: 3.08mg (20.55%), Vitamin B5: 1.85mg (18.46%), Vitamin B6: 0.37mg (18.44%), Vitamin D: 2.57µg (17.15%), Vitamin K: 17.53µg (16.69%), Vitamin A: 830.16IU (16.6%), Manganese: 0.31mg (15.43%), Potassium: 359.22mg (10.26%), Magnesium: 35.15mg (8.79%), Copper: 0.17mg (8.28%), Vitamin E: 1.21mg (8.09%), Fiber: 1.99g (7.95%), Vitamin C: 1.7mg (2.06%)