



## Breakfast Tortillas

READY IN



18 min.

SERVINGS



10

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup colby-jack cheese blend shredded
- 6 large eggs
- 10 6-inch fajita-size flour tortillas ()
- 16 oz sausage meat

### Equipment

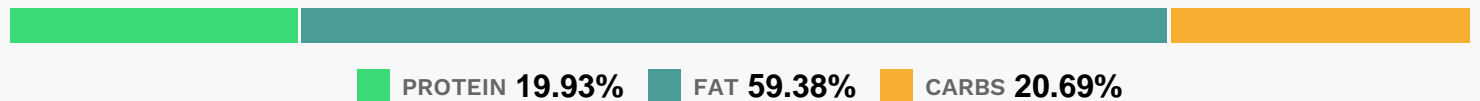
- frying pan
- paper towels
- oven

- whisk
- aluminum foil

## Directions

- Wrap tortillas loosely with aluminum foil, and place in a 250 oven for 10 minutes.
- Meanwhile, cook sausage in a large skillet over medium-high heat, stirring often, 8 minutes or until sausage crumbles and is no longer pink; drain, remove sausage from skillet, and pat dry with paper towels. Wipe skillet clean. Reduce heat to medium.
- Whisk together eggs and 2 Tbsp. water. Coat same skillet with cooking spray; add egg mixture, and cook, without stirring, 2 to 3 minutes or until eggs begin to set on bottom. Gently draw cooked edges away from sides of pan to form large pieces. Cook, stirring occasionally, 2 minutes or until eggs are thickened but still moist. (Do not overstir.)
- Spoon sausage and eggs evenly onto tortillas, and sprinkle with cheese; roll up tortillas.
- Serve with salsa and sour cream, if desired.
- Note: To lighten, substitute 1 1/2 cups egg substitute for eggs and reduced-fat pork sausage for sausage.

## Nutrition Facts



## Properties

Glycemic Index:6.2, Glycemic Load:4.68, Inflammation Score:-2, Nutrition Score:9.6469565629959%

## Nutrients (% of daily need)

Calories: 298.6kcal (14.93%), Fat: 19.4g (29.85%), Saturated Fat: 7.14g (44.61%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 14.16g (5.15%), Sugar: 1.26g (1.4%), Cholesterol: 150.53mg (50.18%), Sodium: 591.75mg (25.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.31%), Selenium: 16.86µg (24.08%), Phosphorus: 212.6mg (21.26%), Vitamin B1: 0.29mg (19.24%), Vitamin B2: 0.3mg (17.75%), Vitamin B3: 3.49mg (17.44%), Iron: 2.17mg (12.04%), Vitamin B12: 0.71µg (11.79%), Zinc: 1.73mg (11.55%), Folate: 43.94µg (10.99%), Calcium: 109.89mg (10.99%), Vitamin B6: 0.21mg (10.64%), Vitamin B5: 0.83mg (8.27%), Vitamin D: 1.23µg (8.2%), Manganese: 0.16mg (7.98%), Potassium: 199.77mg (5.71%), Vitamin A: 261.62IU (5.23%), Magnesium: 18.27mg (4.57%), Copper: 0.09mg (4.28%), Fiber: 1.05g (4.2%), Vitamin E: 0.42mg (2.8%), Vitamin K: 2.61µg (2.49%)