



Bueno Breakfast Burrito

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 tablespoon cream cheese fat-free tub-style
- 1 large eggs
- 1 large egg white
- 1 8-inch flour tortilla fat-free ()
- 2 teaspoons cilantro leaves fresh chopped
- 2 tablespoons green onions thinly sliced
- 1 Dash pepper black
- 1 tablespoon bell pepper red finely chopped

2 tablespoons bottled salsa

1 Dash salt

Equipment

frying pan

microwave

spatula

Directions

Combine first 7 ingredients.

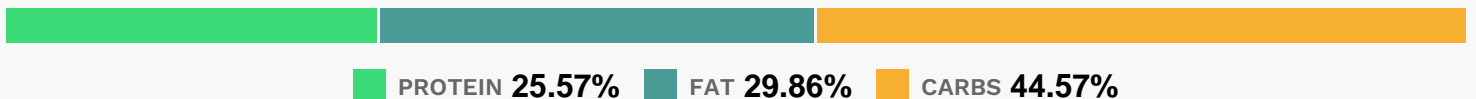
Place a small nonstick skillet coated with cooking spray over medium-high heat until hot.

Add egg mixture, and cook, without stirring, until egg mixture begins to set on bottom. Draw a spatula across bottom of pan to form large curds. Continue cooking until egg mixture is thick but still moist; do not stir constantly.

Place the tortilla on a microwave-safe plate.

Spread cream cheese over tortilla, and microwave at high 15 seconds. Top with egg mixture and salsa, and roll up.

Nutrition Facts



Properties

Glycemic Index:162, Glycemic Load:8.27, Inflammation Score:-7, Nutrition Score:16.829130608103%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 279.45kcal (13.97%), Fat: 9.18g (14.13%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 27.94g (10.16%), Sugar: 5.19g (5.77%), Cholesterol: 188.16mg (62.72%), Sodium: 878.58mg (38.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.38%), Selenium: 34.58µg (49.4%), Vitamin B2: 0.59mg (34.89%), Phosphorus: 320.5mg (32.05%), Vitamin K: 31.28µg (29.79%), Folate: 92.44µg (23.11%),

Vitamin B1: 0.31mg (20.54%), Calcium: 186.8mg (18.68%), Vitamin C: 14.82mg (17.97%), Manganese: 0.35mg (17.61%), Iron: 3.15mg (17.51%), Vitamin A: 858.01IU (17.16%), Vitamin B3: 2.88mg (14.42%), Vitamin B5: 1.17mg (11.7%), Fiber: 2.9g (11.6%), Vitamin B6: 0.22mg (10.85%), Vitamin B12: 0.65µg (10.76%), Potassium: 374.26mg (10.69%), Zinc: 1.33mg (8.88%), Magnesium: 33.35mg (8.34%), Vitamin E: 1.14mg (7.59%), Copper: 0.14mg (6.86%), Vitamin D: 1µg (6.67%)