



## Camping Breakfast Burritos

READY IN



30 min.

SERVINGS



8

CALORIES



734 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 1 lb sausage meat
- ☐ 12 eggs
- ☐ 4 oz chilis green drained chopped canned
- ☐ 8 oz cheddar cheese shredded
- ☐ 1 serving salt and pepper to taste
- ☐ 8 12-inch flour tortilla ()

### Equipment

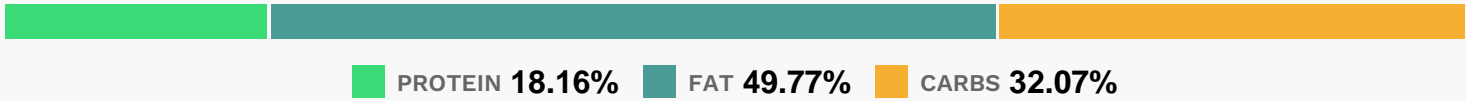
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ microwave
- ☐ kitchen towels

## Directions

- ☐ In 12-inch skillet, cook sausage, stirring frequently, until no longer pink.
- ☐ Meanwhile, in large bowl, beat eggs with whisk until well blended.
- ☐ When sausage is thoroughly cooked, pour eggs into skillet. Cook, stirring frequently, as eggs set up. When eggs have started to set up but are still runny, add green chiles. Continue to cook until eggs are set.
- ☐ Add cheese; stir to distribute evenly.
- ☐ Remove from heat.
- ☐ Wrap tortillas in clean kitchen towel. Microwave on High 30 to 45 seconds to soften.
- ☐ Place 1 tortilla on top of large sheet of foil. Spoon one-eighth of egg mixture onto center of tortilla. Fold in ends; roll into burrito shape. Wrap burrito tightly in foil. Repeat with remaining tortillas and egg mixture.
- ☐ Place foil-wrapped burritos in large resealable food-storage plastic bag. Store in refrigerator or insulated cooler with ice until ready to cook.
- ☐ When ready to cook, place wrapped burritos in hot coals next to fire. Cook until burritos are thoroughly heated, 10 to 15 minutes depending on how hot the fire is.

## Nutrition Facts



## Properties

Glycemic Index:11.13, Glycemic Load:17.98, Inflammation Score:-6, Nutrition Score:26.202608875606%

## Nutrients (% of daily need)

Calories: 734.23kcal (36.71%), Fat: 40.1g (61.7%), Saturated Fat: 15.83g (98.93%), Carbohydrates: 58.13g (19.38%), Net Carbohydrates: 53.9g (19.6%), Sugar: 4.57g (5.07%), Cholesterol: 314.69mg (104.9%), Sodium: 1559.27mg (67.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.85%), Selenium: 53.75µg (76.79%), Phosphorus: 573.46mg (57.35%), Vitamin B1: 0.77mg (51.03%), Vitamin B2: 0.82mg (48.33%), Calcium: 414.05mg (41.41%), Vitamin B3: 7.86mg (39.29%), Folate: 152.35µg (38.09%), Iron: 6.16mg (34.2%), Manganese: 0.59mg (29.37%), Zinc: 3.74mg (24.93%), Vitamin B12: 1.37µg (22.83%), Vitamin B6: 0.39mg (19.48%), Vitamin B5: 1.71mg (17.08%), Fiber: 4.23g (16.92%), Vitamin D: 2.23µg (14.85%), Vitamin A: 700.85IU (14.02%), Magnesium: 49.16mg (12.29%), Potassium: 412.05mg (11.77%), Copper: 0.21mg (10.64%), Vitamin K: 9.31µg (8.87%), Vitamin E: 1.01mg (6.76%), Vitamin C: 5.24mg (6.36%)