



Denver Bacon Burrito

READY IN



20 min.

SERVINGS



20

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cholesterol-free egg product
- 1 6-inch flour tortilla ()
- 1 Tbsp onion chopped
- 1 Tbsp bell pepper green red chopped
- 1 milk sharp cheddar singles 2% kraft
- 2 slices oscar mayer turkey bacon cooked

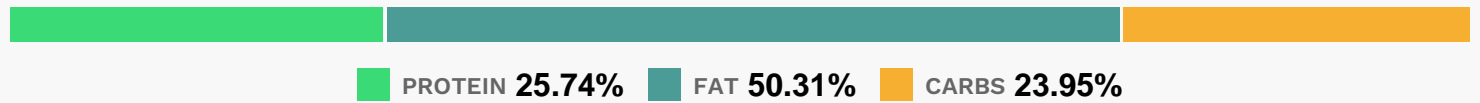
Equipment

- frying pan

Directions

- Spray small skillet with cooking spray.
- Add red pepper and onion; cook and stir on medium heat 2 minutes.
- Add egg product; cook 3 minutes or until set, stirring occasionally.
- Place turkey bacon on tortilla; cover with egg mixture and cheese.
- Roll up, burrito style; cut crosswise in half to serve.

Nutrition Facts



Properties

Glycemic Index:4.9, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:0.62652173443981%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 14.78kcal (0.74%), Fat: 0.82g (1.26%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.1g (0.11%), Cholesterol: 12.72mg (4.24%), Sodium: 47.7mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Selenium: 1.64µg (2.35%), Phosphorus: 16.01mg (1.6%), Vitamin B2: 0.02mg (1.29%)