



Denver-Style Morning Burrito

READY IN



20 min.

SERVINGS



20

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz philadelphia cream cheese spread
- 8 eggs
- 8 8-inch flour tortillas warmed ()
- 1 cup oscar mayer carving board slow ham cooked chopped
- 0.5 tsp penzey's southwest seasoning dried italian
- 2 Tbsp milk
- 0.5 cup peppers and onions green chopped

Equipment

frying pan

whisk

Directions

Mix cream cheese spread, milk and seasoning until blended.

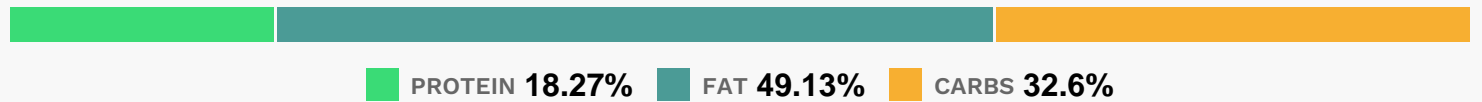
Whisk eggs and 1/2 cup cream cheese mixture until blended.

Cook and stir vegetables and ham in large skillet sprayed with cooking spray on medium heat 2 to 3 min. or until vegetables are crisp-tender.

Add egg mixture; cook 3 min. or until set, stirring occasionally.

Spread tortillas with remaining cream cheese mixture; top with egg mixture. Fold in opposite sides of each tortilla, then roll up, burrito style.

Nutrition Facts



Properties

Glycemic Index:4.35, Glycemic Load:3.22, Inflammation Score:-2, Nutrition Score:5.0269565582275%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 141.52kcal (7.08%), Fat: 7.61g (11.7%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 10.56g (3.84%), Sugar: 1.42g (1.58%), Cholesterol: 78.78mg (26.26%), Sodium: 324.69mg (14.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Selenium: 11.57µg (16.53%), Vitamin B1: 0.15mg (10.32%), Phosphorus: 94.18mg (9.42%), Vitamin B2: 0.16mg (9.22%), Folate: 28.14µg (7.03%), Iron: 1.14mg (6.33%), Vitamin B3: 1.25mg (6.24%), Calcium: 60.08mg (6.01%), Manganese: 0.11mg (5.68%), Vitamin A: 246.68IU (4.93%), Vitamin B6: 0.08mg (3.91%), Vitamin C: 3mg (3.63%), Vitamin B12: 0.21µg (3.49%), Vitamin B5: 0.34mg (3.45%), Zinc: 0.51mg (3.4%), Fiber: 0.8g (3.19%), Vitamin D: 0.42µg (2.78%), Potassium: 79.14mg (2.26%), Magnesium: 8.6mg (2.15%), Copper: 0.04mg (2.12%), Vitamin K: 2.08µg (1.98%), Vitamin E: 0.23mg (1.55%)