



Easy Egg and Avocado Breakfast Burrito

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



560 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 avocados pitted peeled mashed
- ☐ 0.7 cup curd cottage cheese dry
- ☐ 6 eggs
- ☐ 4 10-inch flour tortillas warmed ()
- ☐ 0.3 cup catsup
- ☐ 0.3 cup milk
- ☐ 4 servings salt to taste
- ☐ 0.3 cup cheddar cheese shredded

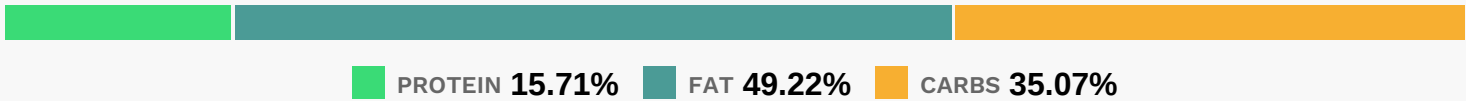
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, beat together the eggs, milk, and cheese. Season with salt.
- ☐ Pour into a skillet over medium heat. Cook and stir until scrambled.
- ☐ Season mashed avocados with salt.
- ☐ Place tortillas one at a time in a separate skillet over medium heat, and cook just until warm.
- ☐ Spread equal amounts of the avocado mixture on one side of each warmed tortilla.
- ☐ Layer with equal amounts cottage cheese and scrambled eggs.
- ☐ Roll into burritos and serve with ketchup.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:12.39, Inflammation Score:-7, Nutrition Score:25.574347827746%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 559.84kcal (27.99%), Fat: 31.22g (48.02%), Saturated Fat: 8.59g (53.68%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 40.81g (14.84%), Sugar: 8.64g (9.59%), Cholesterol: 260.97mg (86.99%), Sodium: 1109.96mg (48.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.84%), Selenium: 42.16µg (60.23%), Folate: 185.26µg (46.31%), Vitamin B2: 0.77mg (45.34%), Phosphorus: 439.57mg (43.96%), Fiber: 9.23g (36.91%), Vitamin B1: 0.47mg (31.36%), Vitamin B5: 2.83mg (28.3%), Manganese: 0.52mg (26.23%), Vitamin B3: 5.17mg (25.83%), Calcium: 257.58mg (25.76%), Vitamin K: 27.02µg (25.74%), Iron: 4.34mg (24.1%), Vitamin B6: 0.47mg (23.44%), Potassium: 780.53mg (22.3%), Vitamin E: 3.08mg (20.56%), Copper: 0.34mg (16.84%), Zinc:

2.37mg (15.83%), Magnesium: 61.57mg (15.39%), Vitamin B12: 0.92µg (15.38%), Vitamin A: 732.79IU (14.66%),
Vitamin C: 10.66mg (12.93%), Vitamin D: 1.62µg (10.81%)