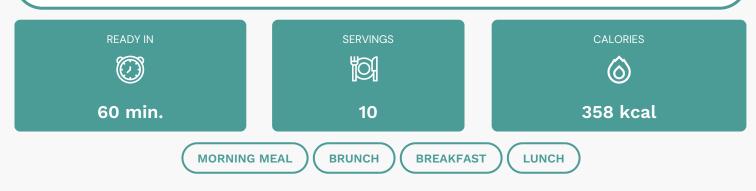


Easy Money Breakfast Burritos



Ingredients

ш	i pound sausage meat
	10 ounce flour tortilla
	2 teaspoons butter
	12 eggs beaten
	4 ounce pepper flakes diced green drained canned
	0.5 small onion chopped
	0.8 cup processed cheese food divided velveeta® (such as)
	0.8 cup salsa

Equipment		
	powl	
fi	rying pan	
а	aluminum foil	
n	nicrowave	
Directions		
	Place the pork sausage and onion into a skillet over medium heat, and cook until the sausage s browned, about 10 minutes. Break the meat apart into crumbles as it cooks.	
	Orain the excess grease.	
	n a separate skillet over medium heat, melt the butter until the foam subsides, and cook and stir the beaten eggs with the chilies until softly scrambled but not wet, about 3 minutes.	
T	ransfer the scrambled eggs into a large bowl, and stir in the cooked sausage mixture.	
t a c fi	Place a tortilla onto a microwave-safe plate, and cook in the microwave on High setting for 10 o 20 seconds. The tortilla should be warm and pliable. Spoon about 1/2 cup of the sausage and egg mixture in a line down the the tortilla, slightly off center. Top with about 1 tablespoon of shredded cheese, and 1 tablespoon of salsa. Fold 2 opposite ends of the tortilla over the illing. Press the 2 ends down so they stay folded. Carefully roll the shorter unfolded edge ove the burrito, pushing the filling to the back of the roll as you go, to snugly enclose the filling. Keep the 2 ends folded as you roll. Wrap in foil if desired. Repeat with the rest of the tortillas.	
Nutrition Facts		
PROTEIN 20.6% FAT 59.77% CARBS 19.63%		
Properties		
Glycemic Index:21.1, Glycemic Load:4.97, Inflammation Score:-5, Nutrition Score:14.639565281246%		

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 357.86kcal (17.89%), Fat: 23.56g (36.25%), Saturated Fat: 8.89g (55.57%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 15.84g (5.76%), Sugar: 2.98g (3.31%), Cholesterol: 241.72mg (80.57%), Sodium: 883.08mg (38.39%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 18.27g (36.53%), Selenium: 24.91µg (35.59%), Phosphorus: 303.86mg (30.39%), Vitamin B2: 0.42mg (24.61%), Vitamin C: 17.24mg (20.9%), Vitamin B1: 0.31mg (20.45%), Calcium: 192.86mg (19.29%), Vitamin B3: 3.8mg (18.99%), Vitamin B6: 0.35mg (17.34%), Vitamin B12: 1.01µg (16.91%), Iron: 2.73mg (15.16%), Zinc: 2.15mg (14.35%), Folate: 56.84µg (14.21%), Vitamin A: 644.98IU (12.9%), Vitamin B5: 1.27mg (12.7%), Vitamin D: 1.71µg (11.39%), Manganese: 0.21mg (10.46%), Potassium: 326.83mg (9.34%), Vitamin E: 1.06mg (7.1%), Magnesium: 27.56mg (6.89%), Copper: 0.13mg (6.55%), Fiber: 1.57g (6.29%), Vitamin K: 5.14µg (4.9%)