



Egg, Mushroom, and Roasted Red-Pepper Burritos

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large eggs
- ☐ 3 large egg whites
- ☐ 4 8-inch flour tortillas ()
- ☐ 1.5 cups mushrooms sliced
- ☐ 0.5 cup bottled roasted bell peppers red chopped
- ☐ 0.5 cup bottled salsa
- ☐ 0.3 teaspoon salt
- ☐ 1 ounce sharp cheddar cheese diced

☐ 0.5 teaspoon stick margarine

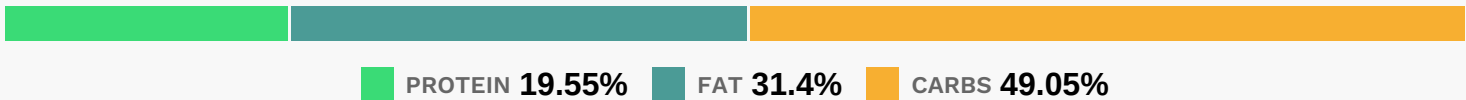
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a bowl. Melt butter in a large nonstick skillet over medium heat.
- ☐ Add mushrooms; saut 10 minutes.
- ☐ Add peppers; saut 1 minute.
- ☐ Pour egg mixture into pan; cook until bottom begins to set, stirring to scramble.
- ☐ Remove from heat; stir in cheese.
- ☐ Warm tortillas according to package directions. Spoon one-fourth of egg mixture down center of each tortilla; roll up.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:8.27, Inflammation Score:-5, Nutrition Score:12.682608656261%

Nutrients (% of daily need)

Calories: 240.65kcal (12.03%), Fat: 8.45g (13%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 26.75g (9.73%), Sugar: 4.09g (4.54%), Cholesterol: 53.59mg (17.86%), Sodium: 1086.27mg (47.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.66%), Selenium: 25.86µg (36.94%), Vitamin B2: 0.5mg (29.5%), Phosphorus: 210.98mg (21.1%), Vitamin B1: 0.31mg (20.64%), Vitamin B3: 4.05mg (20.27%), Manganese: 0.34mg (17.04%), Folate: 66.52µg (16.63%), Calcium: 150.93mg (15.09%), Iron: 2.56mg (14.22%), Fiber: 2.94g (11.76%), Vitamin C: 9.51mg (11.53%), Copper: 0.23mg (11.43%), Potassium: 350.97mg (10.03%), Vitamin B5: 0.96mg (9.63%), Vitamin B6: 0.18mg (9.17%), Vitamin A: 407.55IU (8.15%), Magnesium: 27.42mg (6.85%), Zinc: 0.98mg (6.55%), Vitamin K: 5.24µg (4.99%), Vitamin E: 0.6mg (4.02%), Vitamin B12: 0.22µg (3.73%), Vitamin D: 0.36µg (2.43%)