



## Eggcellent Bean and Beef Burrito

READY IN



30 min.

SERVINGS



5

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon chives minced
- 1 cup colby cheese shredded
- 6 jumbo eggs
- 5 6-inch flour tortillas ()
- 1 clove garlic minced
- 1 pound ground beef
- 2 tablespoons olive oil
- 1 small onion minced
- 1 tablespoon poblano pepper minced

- 10 ounce refried beans canned
- 5 servings salsa for topping
- 5 servings salt and pepper black freshly ground
- 1 teaspoon cup heavy whipping cream sour
- 5 servings cup heavy whipping cream sour for topping

## Equipment

- bowl
- frying pan
- microwave
- spatula
- cutting board

## Directions

- In a small bowl add refried beans and sour cream.
- Mix together and place in microwave for 2 minutes.
- Add 6 eggs and a dash of salt and pepper another bowl. Whip for 1 minute and add chives.
- In a large saute pan over medium high heat, add oil.
- Add meat and brown until cooked, approximately 6 minutes.
- Add onions, garlic and pepper and saute until fragrant. Season with salt and pepper and set aside.
- In a saute pan, add oil.
- Pour about 2-ounces of egg into pan. With a rubber spatula, flip eggs to cook other side. Repeat with remaining egg.
- Lay tortillas out on a cutting board. With a rubber spatula, spread refried beans onto tortilla.
- Place about a 1/2 cup of beef mixture in center. Fold tortilla into a burrito. Repeat with remaining tortillas.
- Wrap egg on the outside of the tortilla wrap. Top with cheese.
- Place in microwave for 3 minutes to melt cheese. Top with salsa and sour cream.

# Nutrition Facts

PROTEIN 22.74% FAT 61% CARBS 16.26%

## Properties

Glycemic Index:43.4, Glycemic Load:6.52, Inflammation Score:-6, Nutrition Score:23.911738851796%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

## Nutrients (% of daily need)

Calories: 663.76kcal (33.19%), Fat: 44.38g (68.27%), Saturated Fat: 17.62g (110.11%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 22.29g (8.1%), Sugar: 5.26g (5.84%), Cholesterol: 378.27mg (126.09%), Sodium: 1089.16mg (47.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.22g (74.44%), Selenium: 48.26µg (68.95%), Phosphorus: 501.3mg (50.13%), Vitamin B12: 2.86µg (47.67%), Vitamin B2: 0.7mg (41.23%), Zinc: 5.88mg (39.2%), Calcium: 329.45mg (32.94%), Iron: 5.12mg (28.46%), Vitamin B3: 5.65mg (28.23%), Vitamin B6: 0.55mg (27.56%), Folate: 80.39µg (20.1%), Vitamin A: 984.94IU (19.7%), Vitamin B5: 1.85mg (18.53%), Fiber: 4.33g (17.32%), Vitamin E: 2.5mg (16.65%), Vitamin B1: 0.25mg (16.48%), Potassium: 548.12mg (15.66%), Manganese: 0.26mg (13.23%), Vitamin D: 1.76µg (11.74%), Magnesium: 46.2mg (11.55%), Vitamin K: 11.29µg (10.75%), Copper: 0.19mg (9.3%), Vitamin C: 3.79mg (4.59%)