



Korean Spicy BBQ Chicken and Egg Burritos

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 eggs (scrambled)
- ☐ 1 cup cheddar and jack cheese grated ()
- ☐ 1 cup onion and cilantro relish
- ☐ 1 cup cilantro and lime rice
- ☐ 1 cup salsa roja korean style
- ☐ 1 cup lettuce in a korean sesame vinaigrette shredded
- ☐ 4 large tortillas

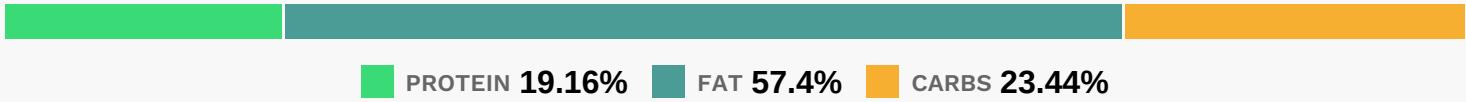
Equipment

☐ grill

Directions

☐ Assemble burritos and grill if desired.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:7.68, Inflammation Score:-8, Nutrition Score:34.433043936025%

Flavonoids

Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 579.94kcal (29%), Fat: 38.16g (58.71%), Saturated Fat: 11.67g (72.94%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 27.08g (9.85%), Sugar: 6.27g (6.97%), Cholesterol: 352.5mg (117.5%), Sodium: 947.86mg (41.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.66g (57.32%), Copper: 1.71mg (85.39%), Selenium: 51.58µg (73.69%), Calcium: 704.77mg (70.48%), Phosphorus: 634.07mg (63.41%), Manganese: 1.23mg (61.27%), Iron: 8.79mg (48.83%), Magnesium: 171.6mg (42.9%), Vitamin B2: 0.73mg (42.7%), Vitamin B1: 0.54mg (35.69%), Zinc: 5.27mg (35.15%), Vitamin B6: 0.66mg (32.93%), Fiber: 8g (31.99%), Folate: 123.14µg (30.78%), Vitamin A: 1020.62IU (20.41%), Vitamin B3: 3.93mg (19.67%), Potassium: 607.9mg (17.37%), Vitamin B5: 1.71mg (17.09%), Vitamin B12: 1.02µg (16.96%), Vitamin C: 11.18mg (13.55%), Vitamin E: 1.95mg (12.97%), Vitamin D: 1.93µg (12.86%), Vitamin K: 6.16µg (5.87%)