



Make-Ahead Breakfast Burritos

READY IN



520 min.

SERVINGS



8

CALORIES



430 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 lb sausage meat
- 2 spring onion chopped
- 8 eggs
- 1 tablespoon butter
- 11 oz flour tortilla for burritos (8 count)
- 4 oz cheddar cheese shredded
- 1 serving salsa thick
- 1 serving cream sour

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- aluminum foil

Directions

- In 10-inch skillet, cook pork sausage over medium-high heat until no longer pink; drain. Stir in green onions.
- Remove from skillet; set aside.
- In large bowl, beat eggs until well blended. Wipe skillet clean with paper towels. In same skillet, melt butter.
- Add eggs; cook, stirring frequently, until scrambled and set.
- Add sausage and onions; mix gently.
- Heat tortillas as directed on package. Spoon sausage evenly onto each tortilla.
- Sprinkle each with 2 tablespoons cheese. Fold in sides of each tortilla; roll up to make burritos.
- Place in freezer container with waxed paper between layers. Freeze 8 hours or overnight.
- Night before use, place burritos in refrigerator to thaw. Next morning, heat oven to 350°F. Wrap each burrito in foil; place on cookie sheet.
- Bake 10 to 15 minutes or until hot.
- Serve with salsa and sour cream.

Nutrition Facts

 **PROTEIN 19.54%**  **FAT 61.18%**  **CARBS 19.28%**

Properties

Glycemic Index:21.38, Glycemic Load:6.22, Inflammation Score:-4, Nutrition Score:14.364347893259%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 430.04kcal (21.5%), Fat: 28.88g (44.44%), Saturated Fat: 11.28g (70.48%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 18.97g (6.9%), Sugar: 1.93g (2.14%), Cholesterol: 223.33mg (74.44%), Sodium: 841.12mg (36.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.76g (41.53%), Selenium: 26.34µg (37.63%), Phosphorus: 312.83mg (31.28%), Vitamin B2: 0.45mg (26.44%), Vitamin B1: 0.38mg (25.14%), Vitamin B3: 4.49mg (22.46%), Calcium: 192.09mg (19.21%), Vitamin B12: 1.03µg (17.17%), Zinc: 2.55mg (17.01%), Iron: 2.9mg (16.11%), Folate: 63.09µg (15.77%), Vitamin B6: 0.29mg (14.53%), Vitamin B5: 1.19mg (11.95%), Vitamin D: 1.7µg (11.35%), Manganese: 0.22mg (10.93%), Vitamin A: 524.34IU (10.49%), Vitamin K: 10.03µg (9.55%), Potassium: 281.87mg (8.05%), Magnesium: 27.01mg (6.75%), Fiber: 1.51g (6.06%), Copper: 0.12mg (5.98%), Vitamin E: 0.79mg (5.25%), Vitamin C: 1.05mg (1.27%)