



## Make-Ahead Breakfast Burritos

READY IN



520 min.

SERVINGS



8

CALORIES



459 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 1 lb sausage meat
- 1 tablespoon butter
- 8 eggs
- 11 oz flour tortilla for burritos (8 tortillas;
- 2 spring onion chopped
- 8 servings salsa thick
- 4 oz cheddar cheese shredded
- 8 servings 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 350F. 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 18.8%**  **FAT 61.15%**  **CARBS 20.05%**

## Properties

Glycemic Index:21.38, Glycemic Load:6.22, Inflammation Score:-5, Nutrition Score:15.716086854105%

## 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: 458.95kcal (22.95%), Fat: 30.97g (47.65%), Saturated Fat: 12.34g (77.15%), Carbohydrates: 22.85g (7.62%), Net Carbohydrates: 20.83g (7.58%), Sugar: 3.36g (3.73%), Cholesterol: 229.52mg (76.51%), Sodium: 1028.06mg (44.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.42g (42.84%), Selenium: 26.98µg (38.54%), Phosphorus: 329.77mg (32.98%), Vitamin B2: 0.48mg (28%), Vitamin B1: 0.39mg (25.94%), Vitamin B3: 4.82mg (24.08%), Calcium: 210.53mg (21.05%), Zinc: 2.64mg (17.61%), Vitamin B12: 1.05µg (17.53%), Vitamin B6: 0.34mg (17.21%), Iron: 3.02mg (16.8%), Folate: 64.84µg (16.21%), Vitamin A: 724.16IU (14.48%), Vitamin B5: 1.29mg (12.87%), Manganese: 0.25mg (12.57%), Vitamin D: 1.7µg (11.35%), Vitamin K: 11.36µg (10.82%), Potassium: 367.23mg (10.49%), Fiber: 2.02g (8.07%), Magnesium: 32.26mg (8.06%), Vitamin E: 1.17mg (7.79%), Copper: 0.14mg (6.99%), Vitamin C: 1.68mg (2.03%)