



Maple Sausage Breakfast Burritos

READY IN



25 min.

SERVINGS



10

CALORIES



474 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup cream cheese room temperature
- ☐ 8 eggs lightly beaten
- ☐ 10 10-inch flour tortillas ()
- ☐ 0.3 cup green onion thinly sliced
- ☐ 0.5 cup monterrey jack cheese grated
- ☐ 1 pound maple sausage roll bob evans®
- ☐ 0.5 cup bell pepper diced green red
- ☐ 1 cup salsa

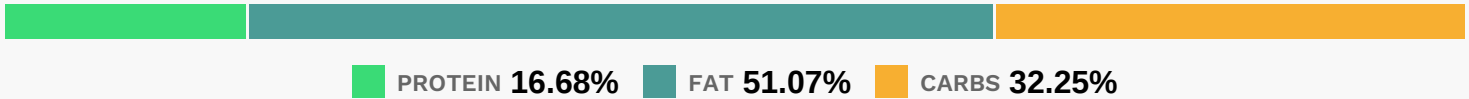
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Wrap tortillas in foil and place in 300 degree F oven to warm.
- ☐ Crumble and cook sausage and peppers in skillet over medium heat until browned.
- ☐ Pour in beaten eggs and onion and continue to cook.
- ☐ In a separate bowl, combine cream cheese and Monterey Jack cheese.
- ☐ On each tortilla, spread a thin layer of cheese mixture. Top with sausage and peppers mixture.
- ☐ Roll up and serve with salsa.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:11.24, Inflammation Score:-6, Nutrition Score:17.220869271652%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 473.5kcal (23.68%), Fat: 26.67g (41.03%), Saturated Fat: 10.52g (65.74%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 34.74g (12.63%), Sugar: 4.54g (5.05%), Cholesterol: 180.09mg (60.03%), Sodium: 1094.47mg (47.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.19%), Selenium: 28.47µg (40.67%), Vitamin B1: 0.51mg (33.92%), Phosphorus: 323.54mg (32.35%), Vitamin B3: 5.65mg (28.23%), Vitamin B2: 0.48mg (28.14%), Folate: 90.9µg (22.73%), Iron: 3.89mg (21.62%), Manganese: 0.4mg (20.08%), Calcium: 188.75mg (18.88%), Vitamin A: 802.96IU (16.06%), Vitamin B6: 0.32mg (15.99%), Zinc: 2.12mg (14.11%), Vitamin C: 10.82mg

(13.11%), Vitamin B12: 0.77µg (12.84%), Fiber: 3.14g (12.56%), Vitamin K: 12.34µg (11.75%), Vitamin B5: 1.11mg (11.13%), Potassium: 357.82mg (10.22%), Vitamin D: 1.33µg (8.85%), Magnesium: 33.82mg (8.45%), Copper: 0.15mg (7.61%), Vitamin E: 1.02mg (6.78%)