



Mesa Verde Breakfast Burrito

READY IN



45 min.

SERVINGS



6

CALORIES



512 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 pound bulk pork sausage
- 10 large eggs
- 6 flour tortillas (10 in.)
- 4 oz chilies diced green canned
- 0.5 lb onion peeled finely chopped
- 0.5 teaspoon pepper
- 6 servings chili con queso salsa
- 0.5 teaspoon salt
- 0.5 lb cheddar cheese shredded

Equipment

- bowl
- frying pan
- ladle
- oven
- aluminum foil
- spatula

Directions

- In a 10- to 12-inch nonstick frying pan over medium-high heat, stir sausage, onion, and chilies until meat is crumbled and browned, about 15 minutes.
- Drain off and discard fat.
- In a bowl, beat eggs to blend with 1/3 cup water, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
- Pour eggs into meat mixture in frying pan; with a wide spatula, stir over medium-high heat, scraping pan bottom often, until eggs are set to your taste, about 3 minutes for creamy eggs.
- Lay flour tortillas flat on a counter. Spoon an equal portion of the meat and egg mixture in a band down the center of each tortilla to within 1 inch of opposite edges.
- Sprinkle mixture evenly with cheese. To form each burrito, fold the bare 1-inch-wide tortilla edges over filling, then roll snugly from an open edge to enclose. Set burritos slightly apart, seams down, in a 10- by 15-inch pan; seal pan with foil. If making up to 1 day ahead, chill.
- Bake in a 200 oven until cheese is melted (cut a slit to test), 15 to 20 minutes; if chilled, bake in a 325 oven until hot in the center, about 15 minutes.
- Set burritos on plates and ladle about 1/2 cup hot chili con queso salsa on and around each. Season to taste with salt and pepper.

Nutrition Facts



PROTEIN 22.5% **FAT 58.85%** **CARBS 18.65%**

Properties

Glycemic Index:32.17, Glycemic Load:6.35, Inflammation Score:-7, Nutrition Score:22.754347676816%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 512.48kcal (25.62%), Fat: 33.39g (51.37%), Saturated Fat: 14.1g (88.12%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 21.21g (7.71%), Sugar: 5.37g (5.97%), Cholesterol: 375.01mg (125%), Sodium: 1233.7mg (53.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.72g (57.44%), Selenium: 43.55µg (62.22%), Phosphorus: 480.54mg (48.05%), Vitamin B2: 0.72mg (42.07%), Calcium: 382.27mg (38.23%), Vitamin C: 30.83mg (37.37%), Vitamin B6: 0.5mg (24.95%), Vitamin B12: 1.46µg (24.39%), Zinc: 3.62mg (24.14%), Vitamin A: 1192.29IU (23.85%), Vitamin B1: 0.34mg (22.77%), Folate: 88.52µg (22.13%), Iron: 3.45mg (19.19%), Vitamin B3: 3.83mg (19.13%), Vitamin B5: 1.89mg (18.88%), Manganese: 0.32mg (15.96%), Vitamin D: 2.38µg (15.9%), Potassium: 476.21mg (13.61%), Vitamin E: 1.76mg (11.74%), Magnesium: 45.31mg (11.33%), Fiber: 2.59g (10.38%), Copper: 0.19mg (9.55%), Vitamin K: 7.88µg (7.51%)