



New Mexico Green Chile Breakfast Burritos

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

949 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 12 strips bacon
- ☐ 0.5 cup chicken broth
- ☐ 12 extra large eggs beaten
- ☐ 6 10-inch flour tortillas
- ☐ 1 clove garlic minced
- ☐ 1 small onion finely chopped
- ☐ 1 tablespoon onion powder
- ☐ 4 potatoes shredded
- ☐ 6 servings salt and pepper to taste

- ☐ 2 cups cheddar cheese shredded
- ☐ 0.3 cup vegetable oil
- ☐ 8 ounce hatch green frozen

Equipment

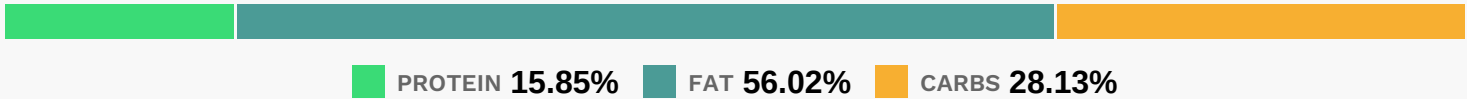
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ microwave

Directions

- ☐ Place the shredded potatoes in a bowl, cover with water, and set aside. Bring the onion, garlic, green chiles, and chicken broth to a boil in a saucepan over high heat. Reduce the heat to low, and simmer until the sauce thickens; turn off the heat.
- ☐ Meanwhile, place the strips of bacon on paper towels on a microwave-safe plate, and cook on High until crisp, about 1 minute per strip; set aside.
- ☐ Heat the vegetable oil over medium-high heat in a large skillet.
- ☐ Drain the potatoes, and add to the skillet. Spoon hot oil over the potatoes; sprinkle with the onion powder, salt, and pepper. Flip the potatoes occasionally, but let them fry until crispy bits form and the potatoes are cooked through, about 15 minutes.
- ☐ Place the tortillas between two damp paper towels. Microwave on High until warm, about 30 seconds.
- ☐ Spray a separate skillet with butter flavored cooking spray and cook the eggs over medium heat, whisking them continuously until the eggs are completely set; turn off the heat.
- ☐ Lay a tortilla flat in front of you.
- ☐ Place some potatoes, scrambled egg, and a strip of bacon on the lower third, leaving about an inch of room from the bottom, and about 1-1/2 inches on the left and right clear for folding the burrito. Spoon on a little of the green chile sauce, and sprinkle with Cheddar cheese.

- Fold the left and right edges into the middle about 1-1/2 to 2 inches. Take the bottom edge closest to you with the stuffing and pick it up, pulling it OVER the filling, while keeping the sides in place until that edge now touches the tortilla about 7/8 of the way up to the top edge. Check to see that the sides are still tucked well. If they aren't slide them in a bit now that you have the filling covered. Finish by tucking the bottom flap that you pulled over the filling UNDER the filling a bit to seal it, then continue rolling the burrito up to the top edge, forming a tight cylinder.
- Let it rest seam-side down, and it will stay nice and tight. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:29.62, Inflammation Score:-8, Nutrition Score:34.629130653713%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 948.69kcal (47.43%), Fat: 58.82g (90.49%), Saturated Fat: 20.53g (128.29%), Carbohydrates: 66.46g (22.15%), Net Carbohydrates: 59.25g (21.55%), Sugar: 6.16g (6.85%), Cholesterol: 483.74mg (161.25%), Sodium: 1614.1mg (70.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.46g (74.91%), Selenium: 70.3µg (100.43%), Phosphorus: 691.46mg (69.15%), Vitamin B2: 0.97mg (57.21%), Calcium: 459.43mg (45.94%), Vitamin B1: 0.66mg (43.91%), Vitamin B6: 0.82mg (41.11%), Vitamin C: 33.8mg (40.97%), Folate: 152.05µg (38.01%), Iron: 5.95mg (33.03%), Vitamin B3: 6.53mg (32.64%), Manganese: 0.65mg (32.56%), Vitamin K: 31.35µg (29.86%), Fiber: 7.21g (28.83%), Potassium: 990.1mg (28.29%), Zinc: 4.22mg (28.11%), Vitamin B12: 1.62µg (27%), Vitamin B5: 2.68mg (26.79%), Vitamin A: 1002.01IU (20.04%), Magnesium: 79.76mg (19.94%), Vitamin E: 2.67mg (17.78%), Copper: 0.35mg (17.69%), Vitamin D: 2.64µg (17.61%)