



## Online Round 2 - Ham and Cheese Breakfast Burrito

READY IN



15 min.

SERVINGS



2

CALORIES



597 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 1 tablespoon canola oil
- 4 large eggs
- 2 flour tortillas
- 0.3 cup bell pepper diced green
- 2 servings reserved ham
- 2 servings kosher salt and pepper black freshly ground
- 1 Cups half reserved onion diced crispy red with tuna salad,
- 0.3 cup cheddar shredded

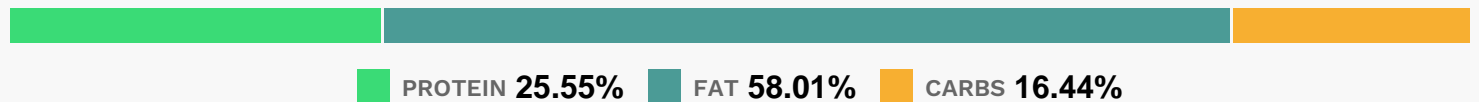
## Equipment

- bowl
- frying pan
- whisk
- wooden spoon
- microwave
- spatula

## Directions

- Heat a skillet over medium heat and add the canola oil. When the oil is hot, cook the ham, red onion, and bell peppers until softened, 4 to 5 minutes.
- Remove from the pan and set aside.
- In a small bowl, whisk together the eggs and salt and pepper.
- Coat the skillet with cooking spray and put it over medium-low heat.
- Add the beaten eggs and gently stir with a spatula or wooden spoon. Cook the eggs until they set, 4 to 5 minutes.
- Put the cooked ham and vegetables back into the pan and stir to combine.
- Wrap the tortillas in a damp towel and microwave for 30 seconds to warm them. Put a tortilla on a plate, add half the egg mixture, and top with half the cheese. Wrap the ends of the tortilla up and then fold in the sides. Repeat for second burrito and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:65, Glycemic Load:6.49, Inflammation Score:-7, Nutrition Score:25.900434494019%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg,

Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg  
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.65mg, Quercetin:  
16.65mg, Quercetin: 16.65mg, Quercetin: 16.65mg

## **Nutrients (% of daily need)**

Calories: 596.84kcal (29.84%), Fat: 38.08g (58.58%), Saturated Fat: 12.36g (77.26%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 21.53g (7.83%), Sugar: 5.37g (5.97%), Cholesterol: 438.83mg (146.27%), Sodium: 1467.91mg (63.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.74g (75.47%), Selenium: 61.09µg (87.27%), Phosphorus: 533.48mg (53.35%), Vitamin B1: 0.75mg (50.22%), Vitamin B2: 0.82mg (48.16%), Vitamin B6: 0.66mg (32.92%), Zinc: 4.1mg (27.34%), Vitamin B3: 5.38mg (26.92%), Vitamin B12: 1.58µg (26.4%), Vitamin C: 20.89mg (25.33%), Folate: 97.8µg (24.45%), Calcium: 226.32mg (22.63%), Vitamin B5: 2.15mg (21.47%), Iron: 3.84mg (21.35%), Vitamin E: 2.77mg (18.49%), Vitamin D: 2.68µg (17.86%), Potassium: 580.2mg (16.58%), Manganese: 0.33mg (16.41%), Vitamin A: 752.59IU (15.05%), Magnesium: 48.6mg (12.15%), Copper: 0.22mg (11.16%), Fiber: 2.75g (11.01%), Vitamin K: 9.65µg (9.19%)