



Potato-and-Egg Burritos

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 12 eggs
- 10 6-inch flour tortillas ()
- 16 ounce hash browns shredded frozen thawed
- 1 medium onion chopped
- 0.8 teaspoon pepper
- 1 teaspoon salt

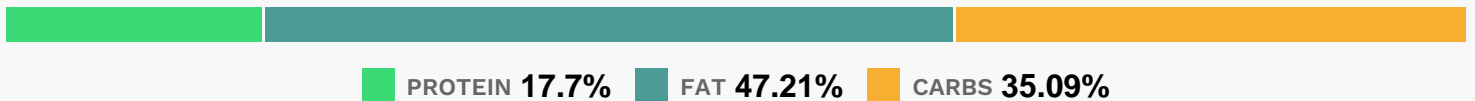
Equipment

- frying pan
- paper towels
- whisk

Directions

- Heat tortillas according to package directions; keep warm.
- Cook bacon in a large nonstick skillet until crisp; remove bacon, and drain on paper towels, reserving 1 tablespoon drippings in skillet. Crumble bacon, and set aside.
- Cook hash browns and onion in hot drippings over medium-high heat, stirring often, 10 minutes or until lightly browned and onion is tender.
- Whisk together eggs, salt, and pepper.
- Pour into skillet, and cook, stirring gently, over medium heat 8 to 10 minutes or until eggs are cooked.
- Remove from heat, and stir in bacon.
- Spoon egg mixture evenly down centers of tortillas, and top with cheese, if desired. Fold opposite sides of tortillas over filling, and serve immediately.
- Serve with salsa, if desired.

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:14.44, Inflammation Score:-5, Nutrition Score:22.120434781779%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 565.33kcal (28.27%), Fat: 29.4g (45.23%), Saturated Fat: 9.9g (61.87%), Carbohydrates: 49.17g (16.39%), Net Carbohydrates: 45.35g (16.49%), Sugar: 3.55g (3.95%), Cholesterol: 416.06mg (138.69%), Sodium: 1310.57mg (56.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.62%), Selenium: 53.27µg (76.1%), Phosphorus: 432.87mg (43.29%), Vitamin B2: 0.7mg (41.15%), Vitamin B1: 0.54mg (35.98%), Iron: 5.14mg (28.55%),

Folate: 113.89µg (28.47%), Vitamin B3: 5.69mg (28.43%), Manganese: 0.53mg (26.51%), Vitamin B5: 2.24mg (22.37%), Vitamin B6: 0.41mg (20.74%), Vitamin B12: 1.12µg (18.6%), Potassium: 585.17mg (16.72%), Calcium: 164.24mg (16.42%), Zinc: 2.33mg (15.52%), Fiber: 3.82g (15.28%), Vitamin D: 2.25µg (15.02%), Copper: 0.26mg (12.8%), Vitamin A: 585.34IU (11.71%), Vitamin C: 9.07mg (10.99%), Magnesium: 42.8mg (10.7%), Vitamin E: 1.27mg (8.45%), Vitamin K: 5.22µg (4.97%)