



PW's Breakfast Burritos

READY IN



105 min.

SERVINGS



12

CALORIES



483 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 pound diestel breakfast sausage
- ☐ 12 servings butter for frying
- ☐ 12 servings jalapeños jarred
- ☐ 12 servings canola oil for frying
- ☐ 10 eggs
- ☐ 12 flour tortillas
- ☐ 1 bell pepper green cut into fine dice
- ☐ 12 servings ground pepper black
- ☐ 12 servings salt and ground pepper black

- ☐ 0.3 cup half-and-half
- ☐ 12 servings hot sauce
- ☐ 12 servings monterrey jack cheese grated
- ☐ 1 large onion cut into fine dice
- ☐ 1 bell pepper red cut into fine dice
- ☐ 12 russet potatoes
- ☐ 1 teaspoon lawry's seasoned salt such as lawry's
- ☐ 1 bell pepper yellow cut into fine dice

Equipment

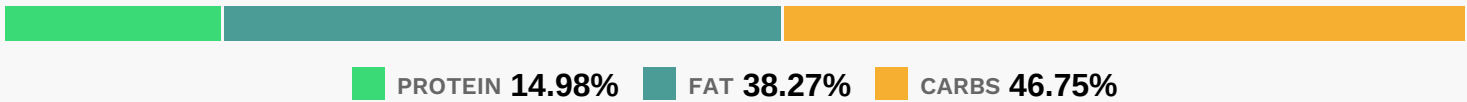
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Begin by browning the breakfast sausage in a skillet over medium heat.
- ☐ Drain off the grease and reduce the heat to low.
- ☐ Crack the eggs into a bowl.
- ☐ Add the half-and-half, seasoned salt and some pepper, and whisk to beat the eggs lightly.
- ☐ With the heat still on low, pour the egg mixture over the sausage mixture. Now, with a spoon or spatula, very gently stir the mixture. Continue lightly cooking over low heat until the eggs are set. Now taste and adjust the seasoning, adding more seasoned salt or pepper if desired.

- ☐ To assemble, warm the stack of tortillas on a paper towel in the microwave for about 30 seconds.
- ☐ Place a heaping spoonful of egg mixture onto the middle of a warm tortilla, and top with a spoonful of Breakfast Potatoes. Tuck in the sides and roll the tortilla until closed. Wrap in foil sheets and keep warm until ready to serve.
- ☐ For cheesy and spicy variations, add grated Monterey Jack, jarred jalapenos, hot sauce or all three.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Place the potatoes on a baking sheet and bake until fork tender, about 45 minutes.
- ☐ Place the hot potatoes on a cutting board and dice them into 1-inch pieces.
- ☐ Heat a skillet over medium-low to medium heat. Next, put a tablespoon of canola oil in the skillet.
- ☐ Add in some butter and the onions and saute until they start to turn brown. Next, throw in the cooked diced potatoes and the peppers. Salt and pepper the potatoes, then stir them around, slightly pressing/packing them in the skillet. Cook without stirring for 5 to 7 minutes. You want to make sure the pan is hot enough to crisp the potatoes.
- ☐ Add more butter to the pan as necessary for moisture.
- ☐ After several minutes, use a spatula to flip the potatoes over and cook on the other side for another 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:29.73, Glycemic Load:35.39, Inflammation Score:-7, Nutrition Score:22.123043392016%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 482.69kcal (24.13%), Fat: 20.67g (31.8%), Saturated Fat: 6.69g (41.83%), Carbohydrates: 56.83g (18.94%), Net Carbohydrates: 52.25g (19%), Sugar: 3.99g (4.44%), Cholesterol: 168.42mg (56.14%), Sodium: 754mg (32.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.41%), Vitamin C: 52.41mg (63.53%), Vitamin B6: 1.02mg (50.96%), Potassium: 1160.08mg (33.15%), Phosphorus: 323.12mg (32.31%), Vitamin B1: 0.47mg (31.07%), Manganese: 0.57mg (28.65%), Vitamin B3: 5.6mg (27.98%), Selenium: 19.23µg (27.47%), Vitamin B2: 0.4mg (23.56%), Iron: 4.18mg (23.23%), Folate: 86.68µg (21.67%), Fiber: 4.57g (18.3%), Magnesium: 71.2mg (17.8%), Copper: 0.33mg (16.54%), Vitamin B5: 1.6mg (16.04%), Zinc: 2.2mg (14.68%), Vitamin A: 664.53IU (13.29%), Calcium: 115.42mg (11.54%), Vitamin B12: 0.67µg (11.12%), Vitamin K: 10.14µg (9.66%), Vitamin D: 1.23µg (8.2%), Vitamin E: 1.21mg (8.08%)