



Quick Breakfast Burritos

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.1 teaspoon pepper black
- 2 ounces colby-jack cheese shredded
- 4 6-inch corn tortillas ()
- 4 eggs lightly beaten
- 0.5 cup cilantro leaves fresh chopped
- 2 ounce chiles diced green canned
- 0.5 cup green onions chopped
- 1 Dash ground pepper red

- 2 teaspoons juice of lemon fresh
- 0.3 cup onion chopped
- 0.3 teaspoon oregano fresh chopped
- 1 Dash pepper red crushed
- 0.1 teaspoon salt
- 1.5 cups tomatoes chopped (1 large)

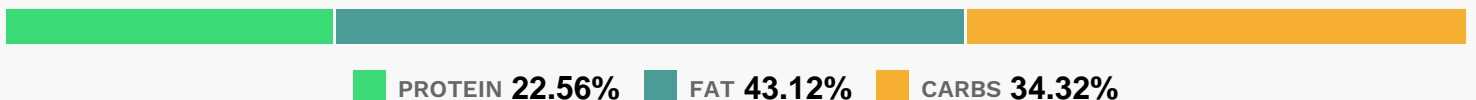
Equipment

- bowl
- frying pan
- whisk

Directions

- To prepare pico de gallo, combine first 7 ingredients in a small bowl.
- To prepare the burritos, combine chopped fresh oregano and the next 4 ingredients (through the ground red pepper) in a small bowl, stirring well with a whisk.
- Heat a large nonstick skillet over medium heat. Coat the pan with cooking spray.
- Add egg mixture, 1/4 cup onion, and green chiles to the pan. Cook for 3 minutes or until eggs are set, stirring frequently.
- Remove pan from heat; stir egg mixture well.
- Heat the corn tortillas according to package directions. Divide the egg mixture evenly among tortillas. Top each serving with 2 tablespoons shredded cheese and about 1/3 cup pico de gallo.

Nutrition Facts



Properties

Glycemic Index:62.13, Glycemic Load:6.01, Inflammation Score:-7, Nutrition Score:13.061304486316%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 198.13kcal (9.91%), Fat: 9.69g (14.91%), Saturated Fat: 4.39g (27.45%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 14.16g (5.15%), Sugar: 2.74g (3.04%), Cholesterol: 177.15mg (59.05%), Sodium: 295.34mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.82%), Vitamin K: 37.97µg (36.16%), Phosphorus: 257.62mg (25.76%), Selenium: 17.35µg (24.79%), Vitamin A: 1142.53IU (22.85%), Vitamin C: 17.12mg (20.75%), Vitamin B2: 0.3mg (17.86%), Calcium: 168.72mg (16.87%), Folate: 52.55µg (13.14%), Fiber: 3.19g (12.77%), Vitamin B6: 0.23mg (11.55%), Manganese: 0.22mg (10.98%), Zinc: 1.53mg (10.23%), Iron: 1.84mg (10.22%), Magnesium: 39.09mg (9.77%), Potassium: 341.03mg (9.74%), Vitamin B12: 0.51µg (8.49%), Vitamin B5: 0.83mg (8.33%), Vitamin E: 1.04mg (6.94%), Copper: 0.13mg (6.59%), Vitamin D: 0.96µg (6.43%), Vitamin B1: 0.08mg (5.34%), Vitamin B3: 0.97mg (4.85%)