



Quick Breakfast Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



2626 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 3 egg whites lightly beaten
- ☐ 3 eggs lightly beaten
- ☐ 28 2-inch flour tortillas fat-free whole-wheat 96%
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon oregano fresh chopped
- ☐ 1 cup salsa fresh
- ☐ 0.1 teaspoon salt

☐

4 ounces preshredded 4-cheese mexican blend cheese reduced-fat

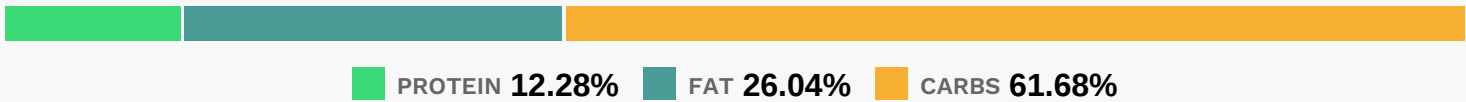
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Combine first 5 ingredients in a bowl, stirring with a whisk.
- ☐ Heat tortillas according to package directions; keep warm.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add egg mixture and onion to pan. Cook, without stirring, 2 minutes or until mixture sets on bottom. Draw a spatula across bottom of pan to form curds. (Do not stir constantly.) Cook 2 minutes or until egg mixture is thickened, but still moist.
- ☐ Remove from heat.
- ☐ Divide egg mixture evenly among warm tortillas. Top with 1/4 cup cheese and 1/4 cup salsa. Fold opposite sides of tortillas over filling; roll up.
- ☐ Serve immediately.
- ☐ Sprinkle cheese on eggs
- ☐ Roll up burritos
- ☐ Crack eggs
- ☐ Combine and whisk first five ingredients

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:124.75, Inflammation Score:-10, Nutrition Score:57.579565027486%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 2625.6kcal (131.28%), Fat: 75.16g (115.63%), Saturated Fat: 29.17g (182.34%), Carbohydrates: 400.55g (133.52%), Net Carbohydrates: 371.21g (134.99%), Sugar: 33.14g (36.82%), Cholesterol: 149.69mg (49.9%), Sodium: 6629.09mg (288.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.77g (159.54%), Selenium: 197.48µg (282.12%), Vitamin B1: 4.06mg (270.81%), Manganese: 4.06mg (203.04%), Folate: 775.02µg (193.76%), Phosphorus: 1860.75mg (186.07%), Vitamin B3: 36.1mg (180.49%), Iron: 30.08mg (167.09%), Vitamin B2: 2.61mg (153.79%), Calcium: 1394.78mg (139.48%), Fiber: 29.34g (117.36%), Vitamin K: 61.91µg (58.96%), Magnesium: 200.28mg (50.07%), Copper: 0.91mg (45.69%), Zinc: 5.67mg (37.78%), Potassium: 1288.53mg (36.82%), Vitamin B6: 0.67mg (33.66%), Vitamin B5: 2.07mg (20.74%), Vitamin A: 679.69IU (13.59%), Vitamin B12: 0.66µg (11.04%), Vitamin E: 1.24mg (8.24%), Vitamin D: 0.8µg (5.34%), Vitamin C: 1.98mg (2.4%)