



Rise and Shine Breakfast Burritos



Vegetarian



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 16 ounce black beans drained and rinsed canned
- ☐ 8 small eggs lightly beaten
- ☐ 8 6-inch flour tortilla ()
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup mushrooms chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 bell pepper green red chopped
- ☐ 1 cup salsa fresh

- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 tomatoes diced

Equipment

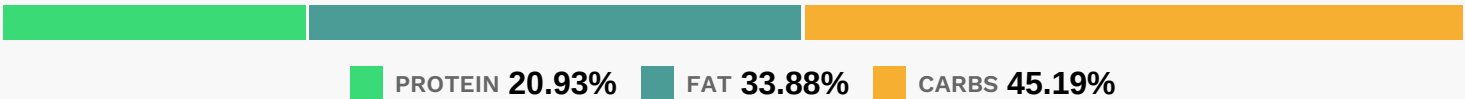
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula

Directions

- ☐ Preheat oven to 300 degrees F.
- ☐ Heat beans in a medium sauce pot. Set aside.
- ☐ Heat a nonstick large pan over medium heat.
- ☐ Add olive oil and eggs. Using a spatula, cook and stir until eggs are scrambled. Season with salt and pepper.
- ☐ Add black beans and vegetables to eggs
- ☐ Spread egg mixture in the lower section of the tortilla; top with cheese. Fold the outer 1/2-inch left and right sides of the tortilla in. This will help keep the filling inside once you roll your tortilla into a burrito.
- ☐ Cut in half and enjoy immediately.
- ☐ Serve with salsa
- ☐ If serving a crowd, wrap each burrito in foil to keep warm, or warm completed burritos in the oven for 5–10 minutes
- ☐ Wrap each burrito in plastic wrap then, mark the outside if ingredients differ.
- ☐ Place in a freezer zip lock bag, remove excess air and seal tightly and freeze. When ready to eat, remove burrito from freezer, discard plastic wrap. Wrap burrito in paper towel, and

microwave for 1 1/2–2 minutes, or until hot. Enjoy breakfast!

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:7.43, Inflammation Score:-6, Nutrition Score:15.020000043123%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 278.88kcal (13.94%), Fat: 10.58g (16.27%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 24.89g (9.05%), Sugar: 3.01g (3.35%), Cholesterol: 148.42mg (49.47%), Sodium: 729.45mg (31.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.4%), Folate: 136.24µg (34.06%), Selenium: 21.89µg (31.27%), Fiber: 6.85g (27.39%), Phosphorus: 267.66mg (26.77%), Manganese: 0.47mg (23.46%), Vitamin B1: 0.33mg (21.99%), Vitamin B2: 0.36mg (21.23%), Iron: 3.18mg (17.67%), Magnesium: 59.77mg (14.94%), Calcium: 141.25mg (14.13%), Potassium: 430.88mg (12.31%), Vitamin B3: 2.31mg (11.53%), Copper: 0.23mg (11.46%), Zinc: 1.66mg (11.09%), Vitamin B6: 0.21mg (10.63%), Vitamin A: 526.92IU (10.54%), Vitamin B5: 0.97mg (9.68%), Vitamin C: 7.78mg (9.43%), Vitamin E: 1.17mg (7.8%), Vitamin B12: 0.42µg (6.92%), Vitamin K: 6.02µg (5.73%), Vitamin D: 0.81µg (5.43%)