



 17%  
HEALTH SCORE

## Sausage and Egg Breakfast Burrito

READY IN



20 min.

SERVINGS



1

CALORIES



714 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.3 lb ground sausage italian hot
- 0.3 cup onion diced white
- 3 cloves garlic minced
- 3 snack peppers sweet mini julienned
- 0.5 jalapeno diced
- 0.5 teaspoon kosher salt
- 0.5 teaspoon oregano
- 1 serving pepper fresh to taste
- 1 large flour tortilla

- 1 large eggs
- 1 tbsp butter
- 1 serving sriracha to taste

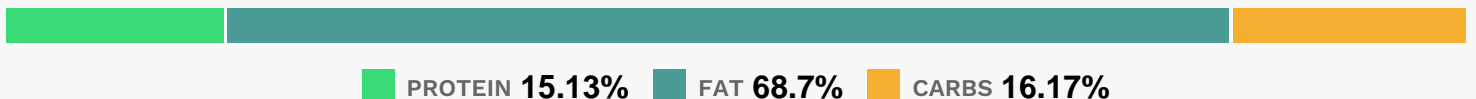
## Equipment

- frying pan

## Directions

- Heat a pan to medium to high heat and add the sausage, diced onion, minced garlic, and julienned mini peppers. Break up sausage into small pieces as you cook it and the veggies, stirring often. After about 5 minutes, add the salt, oregano, and pepper and continue cooking for another 10–12 minutes until the sausage is completely cooked. In a separate small pan, heat to medium and add butter. Melt butter until it begins to sizzle a little add the egg.
- Let the egg cook, untouched for a couple of minutes. As the outside of the egg whites begins to set, cover the pan to let the top of the whites cook (by steaming the egg a bit), but keeping a nice runny yolk, 5–7 minutes.
- Lay tortilla flat and add sausage mixture. Top with the fried egg and sriracha. Wrap it up and dig in!

## Nutrition Facts



## Properties

Glycemic Index:270, Glycemic Load:7.72, Inflammation Score:-10, Nutrition Score:30.908695652174%

## Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg

## Taste

Sweetness: 20.78%, Saltiness: 100%, Sourness: 10.83%, Bitterness: 7.85%, Savoriness: 49.24%, Fattiness: 72.38%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 713.66kcal (35.68%), Fat: 54.61g (84.01%), Saturated Fat: 22.62g (141.36%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 24.59g (8.94%), Sugar: 6.95g (7.72%), Cholesterol: 302.71mg (100.9%), Sodium: 2384.4mg (103.67%), Protein: 27.05g (54.1%), Vitamin C: 123.96mg (150.25%), Selenium: 51.95µg (74.21%), Vitamin A: 3349.69IU (66.99%), Vitamin B1: 0.9mg (60.15%), Vitamin B6: 0.89mg (44.38%), Phosphorus: 375.91mg (37.59%), Vitamin B2: 0.61mg (35.94%), Vitamin B3: 6.12mg (30.62%), Manganese: 0.6mg (29.83%), Folate: 111.99µg (28%), Vitamin B12: 1.5µg (25.02%), Iron: 4.31mg (23.94%), Zinc: 3.27mg (21.8%), Potassium: 700.21mg (20.01%), Vitamin B5: 1.81mg (18.12%), Vitamin E: 2.63mg (17.54%), Fiber: 4.33g (17.32%), Vitamin K: 15.41µg (14.68%), Calcium: 144.97mg (14.5%), Magnesium: 49.05mg (12.26%), Copper: 0.23mg (11.33%), Vitamin D: 1µg (6.67%)