



Sausage and Pepper Sunrise Burrito

READY IN



15 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 4 eggs beaten
- 0.5 cup pepper strips green
- 0.5 cup pepper strips red
- 4 links breakfast pork sausage cut into 1/2-inch pieces
- 0.5 onion red sliced
- 4 8-inch tortillas whole wheat ()

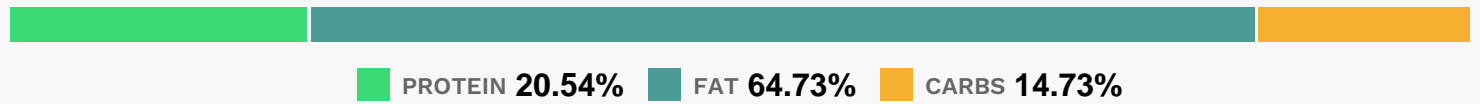
Equipment

frying pan

Directions

- Cook sausage, onions and peppers in medium nonstick skillet on medium heat 4 to 5 min. or until sausage is done and vegetables are crisp-tender.
- Remove from skillet.
- Add eggs to skillet; cook and stir 2 min. or until set. Return sausage mixture to skillet; stir. Top with cheese.
- Spoon onto tortillas; fold in opposite sides of each tortilla, then roll up burrito-style.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:19.936521965524%

Flavonoids

Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 651.37kcal (32.57%), Fat: 46.53g (71.59%), Saturated Fat: 17.66g (110.35%), Carbohydrates: 23.83g (7.94%), Net Carbohydrates: 20.22g (7.35%), Sugar: 3.84g (4.27%), Cholesterol: 273.29mg (91.1%), Sodium: 1216.57mg (52.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.23g (66.45%), Vitamin C: 40.62mg (49.24%), Phosphorus: 381.61mg (38.16%), Calcium: 311.97mg (31.2%), Selenium: 21.59µg (30.84%), Vitamin B2: 0.49mg (28.72%), Vitamin B3: 5.65mg (28.25%), Zinc: 4.15mg (27.67%), Vitamin B6: 0.55mg (27.62%), Vitamin B12: 1.65µg (27.53%), Vitamin A: 1257.75IU (25.16%), Vitamin B1: 0.36mg (24.24%), Iron: 3.2mg (17.79%), Vitamin D: 2.52µg (16.79%), Vitamin B5: 1.64mg (16.44%), Fiber: 3.61g (14.42%), Potassium: 454.68mg (12.99%), Folate: 40.78µg (10.2%), Magnesium: 34.2mg (8.55%), Vitamin E: 1.25mg (8.36%), Copper: 0.14mg (6.82%), Manganese: 0.08mg (4.11%), Vitamin K: 3.61µg (3.44%)