



Sausage Breakfast Wraps

 Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound turkey sausage italian
- 1 medium bell pepper diced sweet red
- 1 small onion diced
- 32 ounces egg substitute
- 4 ounces chilis green chopped canned
- 1 teaspoon chili powder
- 10 8-inch flour tortilla warmed (es)
- 1.3 cups salsa

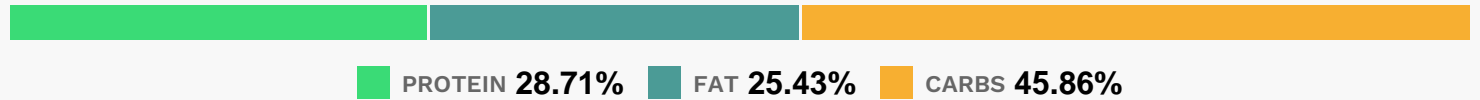
Equipment

- frying pan
- oven
- baking pan

Directions

- In a nonstick skillet, cook sausage over medium heat until no longer pink; drain.
- Transfer to a 13-in. x 9-in. baking dish coated with cooking spray.
- Sprinkle with red pepper and onion.
- Combine the egg substitute, green chiles and chili powder; pour over sausage mixture.
- Bake, uncovered, at 350° for 30–35 minutes or until set. Break up sausage mixture with a spoon.
- Place 2/3 cup down the center of each tortilla; top with salsa. Fold 1 end over sausage mixture, then fold 2 sides over.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:8.25, Inflammation Score:-8, Nutrition Score:21.744782675867%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 289.54kcal (14.48%), Fat: 8.21g (12.63%), Saturated Fat: 3.06g (19.1%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 29.89g (10.87%), Sugar: 7.21g (8.01%), Cholesterol: 24.04mg (8.01%), Sodium: 1239.08mg (53.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.7%), Selenium: 59.32µg (84.75%), Iron: 8.39mg (46.61%), Vitamin C: 34.49mg (41.81%), Vitamin B2: 0.6mg (35.3%), Vitamin B1: 0.42mg (28.02%), Phosphorus: 271.66mg (27.17%), Vitamin B3: 4.63mg (23.16%), Vitamin B6: 0.44mg (22.08%), Vitamin B5: 2.07mg (20.74%), Folate: 80.37µg (20.09%), Manganese: 0.35mg (17.49%), Vitamin A: 871.75IU (17.44%), Calcium: 166.5mg (16.65%),

Zinc: 2.25mg (15.01%), Vitamin E: 2.1mg (14.03%), Potassium: 482.23mg (13.78%), Fiber: 3.41g (13.64%), Magnesium: 43.92mg (10.98%), Vitamin D: 1.45µg (9.68%), Vitamin B12: 0.5µg (8.39%), Copper: 0.15mg (7.56%), Vitamin K: 6.04µg (5.75%)