



Sausage-Egg Rollups

READY IN



45 min.

SERVINGS



6

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 large eggs
- 6 6-inch fajita-size flour tortillas ()
- 0.5 pound sausage meat
- 1 tablespoon milk
- 1 pinch pepper
- 6 servings salsa
- 1 pinch salt
- 3 oz sharp cheddar cheese shredded

Equipment

- frying pan
- whisk
- ziploc bags
- microwave

Directions

- Brown and drain sausage.
- Whisk together eggs, milk, and a pinch of salt and pepper; scramble eggs in nonstick skillet over medium heat to desired consistency. Divide sausage, scrambled eggs, Cheddar cheese, and salsa equally among tortillas, spooning ingredients down center of each tortilla.
- Roll tortillas up.
- To Make Ahead: Chill in a zip-top plastic bag up to 3 days or freeze up to 1 month. (If frozen, thaw overnight in fridge before reheating.)
- To Reheat: Microwave at HIGH 1 to 1 1/2 minutes.

Nutrition Facts

PROTEIN 20.79% **FAT 57.84%** **CARBS 21.37%**

Properties

Glycemic Index:26.5, Glycemic Load:4.82, Inflammation Score:-4, Nutrition Score:12.523478362871%

Nutrients (% of daily need)

Calories: 334.95kcal (16.75%), Fat: 21.35g (32.84%), Saturated Fat: 8.28g (51.75%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 16.12g (5.86%), Sugar: 2.65g (2.95%), Cholesterol: 196.69mg (65.56%), Sodium: 830.41mg (36.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.26g (34.52%), Selenium: 23.83µg (34.04%), Phosphorus: 273.04mg (27.3%), Vitamin B2: 0.4mg (23.37%), Vitamin B1: 0.29mg (19.22%), Calcium: 182.86mg (18.29%), Vitamin B3: 3.5mg (17.52%), Vitamin B12: 0.86µg (14.26%), Zinc: 2.11mg (14.08%), Vitamin B6: 0.27mg (13.59%), Iron: 2.4mg (13.31%), Folate: 52.42µg (13.11%), Vitamin A: 553.12IU (11.06%), Vitamin B5: 1.07mg (10.74%), Manganese: 0.2mg (10.08%), Vitamin D: 1.44µg (9.58%), Potassium: 286.19mg (8.18%), Vitamin E: 1.01mg (6.72%), Fiber: 1.63g (6.52%), Magnesium: 25.85mg (6.46%), Copper: 0.11mg (5.59%), Vitamin K: 4.16µg (3.96%), Vitamin C: 0.87mg (1.06%)