



Sausage & Pepper Sunrise Burrito

READY IN



15 min.

SERVINGS



4

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 eggs beaten
- 0.5 cup pepper strips green red
- 1 cup pepper jack cheese shredded kraft
- 4 breakfast pork sausage links cut into 1/2-inch pieces
- 0.5 onions 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

PROTEIN 21.15% **FAT 64.77%** **CARBS 14.08%**

Properties

Glycemic Index:23, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:17.00565204413%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg 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: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 636.64kcal (31.83%), Fat: 45.43g (69.9%), Saturated Fat: 17.62g (110.11%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 19g (6.91%), Sugar: 3.11g (3.46%), Cholesterol: 270.18mg (90.06%), Sodium: 1200.57mg (52.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.38g (66.76%), Phosphorus: 372.81mg (37.28%), Calcium: 321.69mg (32.17%), Vitamin B3: 5.48mg (27.4%), Vitamin B2: 0.46mg (26.94%), Vitamin B12: 1.59µg (26.44%), Zinc: 3.91mg (26.1%), Selenium: 17.67µg (25.25%), Vitamin B6: 0.5mg (25.06%), Vitamin B1: 0.35mg (23.3%), Vitamin C: 16.78mg (20.34%), Iron: 3.28mg (18.22%), Vitamin D: 2.52µg (16.79%), Vitamin B5: 1.53mg (15.27%), Fiber: 3.21g (12.86%), Vitamin A: 608.78IU (12.18%), Potassium: 416.51mg (11.9%), Magnesium: 31.97mg (7.99%), Folate: 31.37µg (7.84%), Copper: 0.13mg (6.65%), Vitamin E: 0.82mg (5.48%), Manganese: 0.06mg (3.08%), Vitamin K: 2.72µg (2.59%)