



Scrambled Burrito

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



811 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado diced pitted ripe peeled
- ☐ 4 large eggs
- ☐ 2 2-inch flour tortilla (7 1/2 in diameter)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons milk
- ☐ 2 ounces monterrey jack cheese grated
- ☐ 2 servings salt and pepper black
- ☐ 2 tablespoons cream sour

☐ 2 tablespoons butter unsalted

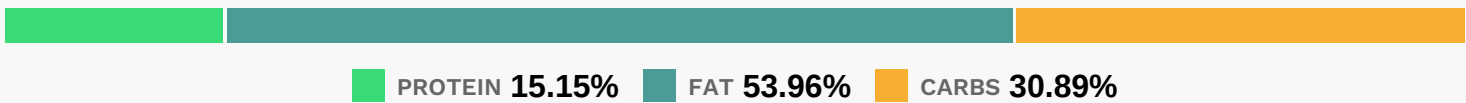
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350°F. Wrap the tortillas in foil and warm them in the oven.
- ☐ Whisk the eggs, milk, salt, pepper, and 1 tablespoon of cilantro in a bowl. Melt butter in a large nonstick skillet over medium-low heat.
- ☐ Add eggs and cook, stirring, until just firm.
- ☐ Add avocado; cook until done (1 1/2 minutes total).
- ☐ Spoon eggs down center of each tortilla. Top with cheese and sour cream. Fold tortilla.
- ☐ Sprinkle with remaining cilantro.
- ☐ Per serving: 600 calories, 30g carbohydrates, 25g protein, 44g fat, 485mg cholesterol
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:85.5, Glycemic Load:18.48, Inflammation Score:-8, Nutrition Score:30.51652188923%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 811.22kcal (40.56%), Fat: 48.76g (75.02%), Saturated Fat: 21.63g (135.17%), Carbohydrates: 62.79g (20.93%), Net Carbohydrates: 55.43g (20.16%), Sugar: 6.22g (6.91%), Cholesterol: 436.21mg (145.4%), Sodium: 1359.59mg (59.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.81g (61.62%), Selenium: 61.31µg (87.58%), Phosphorus: 612.66mg (61.27%), Vitamin B2: 1mg (58.86%), Folate: 201.35µg (50.34%), Calcium: 474.28mg (47.43%), Vitamin B1: 0.66mg (44.21%), Iron: 6.39mg (35.49%), Manganese: 0.67mg (33.52%), Vitamin B3: 6.05mg (30.26%), Fiber: 7.37g (29.47%), Vitamin A: 1307.28IU (26.15%), Vitamin B5: 2.59mg (25.91%), Zinc: 3.18mg (21.22%), Vitamin K: 22.21µg (21.16%), Vitamin B12: 1.26µg (20.92%), Vitamin B6: 0.4mg (20.19%), Vitamin E: 2.55mg (17.01%), Vitamin D: 2.55µg (16.97%), Potassium: 590.16mg (16.86%), Magnesium: 62.7mg (15.67%), Copper: 0.3mg (15.04%), Vitamin C: 5.24mg (6.35%)