



Scrambled Egg and Smoked Trout Breakfast Burritos

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



421 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.7 cup baby spinach
- ☐ 3 large eggs
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 1 teaspoon lemon zest
- ☐ 4 ounces neufchatel cheese at room temperature
- ☐ 2 medium tortillas whole-wheat ()
- ☐ 4 oz trout smoked

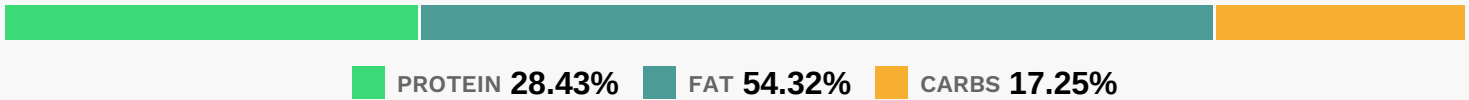
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Mix neufchtel, dill, and lemon zest in a small bowl until blended.
- ☐ Spread 2 tbsp. cheese mixture on each tortilla. Arrange trout down the center, then top with spinach.
- ☐ Heat a medium nonstick frying pan over medium heat.
- ☐ Whisk eggs in a small bowl to blend.
- ☐ Pour eggs into pan and scramble until set, about 2 1/2 minutes.
- ☐ Spoon eggs over spinach on tortillas, then roll up burritos, tucking in ends.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:5.28, Inflammation Score:-8, Nutrition Score:22.944782630257%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 420.85kcal (21.04%), Fat: 25.12g (38.64%), Saturated Fat: 11.22g (70.1%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 16.56g (6.02%), Sugar: 3.28g (3.65%), Cholesterol: 381.06mg (127.02%), Sodium: 566.84mg (24.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.58g (59.16%), Selenium: 58.06µg (82.94%), Vitamin K: 51.65µg (49.19%), Phosphorus: 475.83mg (47.58%), Vitamin B12: 2.8µg (46.66%), Vitamin B2: 0.65mg (38.44%), Vitamin A: 1916.11IU (38.32%), Folate: 94.92µg (23.73%), Vitamin B6: 0.45mg (22.62%), Vitamin B5: 2.03mg (20.27%), Calcium: 176.68mg (17.67%), Iron: 2.98mg (16.55%), Vitamin B3: 3.24mg (16.21%), Vitamin B1:

0.24mg (16.08%), Potassium: 535.31mg (15.29%), Manganese: 0.28mg (14.05%), Zinc: 1.98mg (13.2%), Magnesium: 52.22mg (13.05%), Vitamin D: 1.5µg (10%), Vitamin E: 1.22mg (8.13%), Copper: 0.14mg (6.83%), Fiber: 1.38g (5.54%), Vitamin C: 4.44mg (5.38%)