



Scrambled Egg Burritos

READY IN



15 min.

SERVINGS



2

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon butter
- ☐ 2 large equivalent egg substitute
- ☐ 2 8-inch flour tortillas fat-free ()
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 1 Dash coarsely ground pepper black
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 tablespoon milk 1% low-fat
- ☐ 4 tablespoons cheddar cheese shredded divided reduced-fat
- ☐ 2 tablespoons bottled chunky salsa divided

☐ 4 tablespoons tomatoes divided seeded chopped

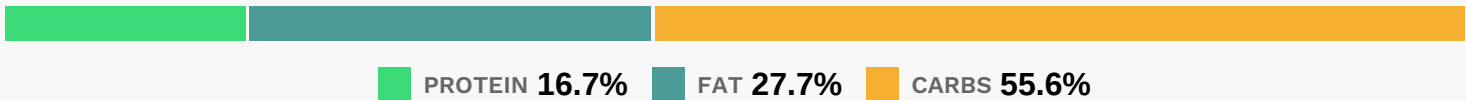
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk the first 5 ingredients (through pepper) in a medium bowl.
- ☐ Coat a medium nonstick skillet with cooking spray, and melt butter over medium heat.
- ☐ Add the egg mixture, and stir with a heatproof rubber spatula to scramble.
- ☐ Sprinkle 2 tablespoons cheese down the center of one tortilla; top with half of the scrambled egg, 2 tablespoons tomato, and 1 tablespoon chunky salsa.
- ☐ Roll up burrito-style (fold bottom up and sides to center). Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:8.27, Inflammation Score:-5, Nutrition Score:8.7308696249257%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 203.05kcal (10.15%), Fat: 6.23g (9.59%), Saturated Fat: 2.79g (17.47%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 25.69g (9.34%), Sugar: 3.75g (4.16%), Cholesterol: 6mg (2%), Sodium: 725.81mg (31.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.9%), Selenium: 14.13µg (20.19%), Phosphorus: 193.89mg (19.39%), Vitamin B1: 0.28mg (18.69%), Manganese: 0.31mg (15.59%), Calcium: 150.82mg (15.08%), Folate: 54.94µg (13.74%), Vitamin B3: 2.63mg (13.14%), Vitamin B2: 0.2mg (11.79%), Iron: 2.08mg (11.58%), Fiber: 2.44g (9.77%), Vitamin A: 403.96IU (8.08%), Vitamin K: 7.1µg (6.76%), Potassium: 199.67mg (5.7%), Vitamin C: 4.37mg

(5.3%), Magnesium: 20.29mg (5.07%), Vitamin B6: 0.09mg (4.71%), Zinc: 0.65mg (4.35%), Copper: 0.09mg (4.25%),
Vitamin E: 0.41mg (2.74%), Vitamin B5: 0.21mg (2.14%), Vitamin B12: 0.12µg (2%)