



Scrambled Eggs and Vegetable Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup no-salt-added whole-kernel corn canned
- 4 egg whites
- 4 eggs
- 8 8-inch flour tortillas ()
- 1 small bell pepper green thinly sliced
- 3 ounces cheddar cheese shredded reduced-fat
- 1.3 cups no-salt-added salsa divided
- 2 small onions separated thinly sliced

- 0.5 teaspoon cracked pepper black
- 0.8 cup no-salt-added pinto beans canned drained
- 1 tablespoon taco seasoning
- 2 cups tomatoes seeded chopped

Equipment

- food processor
- bowl
- frying pan
- knife
- plastic wrap
- baking pan
- microwave

Directions

- Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add onion and green pepper; saute until tender.
- Add tomato, 1 cup salsa, corn, and black pepper; cook over medium heat until thoroughly heated. Set aside.
- Position knife blade in food processor bowl; add beans, seasoning mix, and remaining 1/4 cup salsa. Process until smooth, scraping sides of processor bowl once.
- Spread about 2 tablespoons bean mixture across center of each tortilla; sprinkle tortillas evenly with cheese.
- Combine eggs and egg whites; beat well. Coat a nonstick skillet with cooking spray; place over medium heat until hot.
- Add egg mixture; cook, stirring often, until mixture is firm but still moist. Spoon egg mixture evenly over tortillas.
- Roll up tortillas; place, seam side down, in an 11- x 7- x 1 1/2-inch baking dish. Cover with heavy-duty plastic wrap, and vent.

Microwave tortillas at HIGH 45 seconds or until thoroughly heated. Spoon vegetable mixture evenly over burritos.

Serve immediately.

Nutrition Facts

PROTEIN 17.23% **FAT 48.12%** **CARBS 34.65%**

Properties

Glycemic Index:20.56, Glycemic Load:9.39, Inflammation Score:-8, Nutrition Score:21.412173913873%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 507.9kcal (25.39%), Fat: 28.12g (43.27%), Saturated Fat: 6.89g (43.05%), Carbohydrates: 45.56g (15.19%), Net Carbohydrates: 38.91g (14.15%), Sugar: 9.34g (10.37%), Cholesterol: 84.07mg (28.02%), Sodium: 573.68mg (24.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.31%), Manganese: 1.04mg (51.98%), Vitamin B3: 8.12mg (40.58%), Phosphorus: 386.43mg (38.64%), Selenium: 25.53µg (36.47%), Folate: 140.14µg (35.03%), Vitamin E: 4.32mg (28.77%), Vitamin B2: 0.45mg (26.7%), Fiber: 6.65g (26.58%), Vitamin B1: 0.39mg (26.23%), Magnesium: 102.6mg (25.65%), Iron: 3.59mg (19.93%), Vitamin B6: 0.37mg (18.35%), Vitamin C: 14.43mg (17.49%), Calcium: 168.92mg (16.89%), Potassium: 579.16mg (16.55%), Copper: 0.32mg (16.16%), Zinc: 2.09mg (13.95%), Vitamin B5: 1.07mg (10.68%), Vitamin A: 524.9IU (10.5%), Vitamin K: 8.39µg (7.99%), Vitamin B12: 0.26µg (4.36%), Vitamin D: 0.45µg (3%)