



Smoked Salmon Breakfast Burrito

READY IN



20 min.

SERVINGS



4

CALORIES



445 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons chives chopped
- ☐ 0.5 cup cream cheese softened
- ☐ 8 large eggs
- ☐ 4 large flour tortillas warmed (burrito-size)
- ☐ 2 jalapeño chiles halved seeded sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons milk
- ☐ 1 teaspoon pepper
- ☐ 8 ounces salmon smoked cut into bite-size pieces

- ☐ 1 cup tomatoes diced
- ☐ 1 tbsp vegetable oil

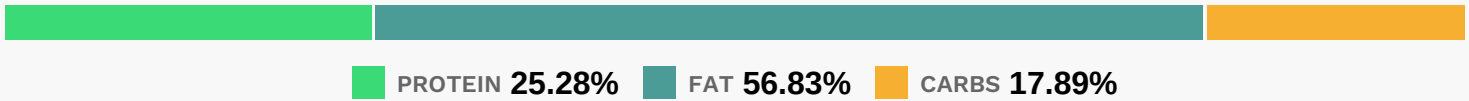
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a cast-iron skillet over high heat.
- ☐ Add eggs and milk; scramble in skillet. Cook until barely set, then stir in salt, pepper, chives, jalapeo, tomato, and salmon.
- ☐ Spread 2 tbsp. cream cheese onto center of each tortilla. Spoon warm egg mixture over cheese, dividing evenly.
- ☐ Roll up burritos, tucking in ends.
- ☐ Serve with salsa if you like.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:5.78, Inflammation Score:-7, Nutrition Score:25.319565171781%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 445.45kcal (22.27%), Fat: 27.89g (42.9%), Saturated Fat: 10.95g (68.43%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 17.89g (6.5%), Sugar: 4.21g (4.68%), Cholesterol: 414.6mg (138.2%), Sodium: 1192.17mg (51.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.82%), Selenium: 58.41µg (83.44%), Vitamin D: 11.78µg (78.52%), Vitamin B12: 2.84µg (47.36%), Vitamin B2: 0.69mg (40.53%), Phosphorus: 403.14mg (40.31%), Vitamin A: 1436.34IU (28.73%), Vitamin B5: 2.33mg (23.32%), Vitamin B3: 4.44mg (22.19%), Folate: 88.03µg (22.01%), Vitamin B6: 0.43mg (21.42%), Iron: 3.55mg (19.7%), Vitamin E: 2.8mg (18.68%), Vitamin C: 14.28mg (17.31%), Vitamin K:

17.64µg (16.8%), Vitamin B1: 0.23mg (15.53%), Manganese: 0.31mg (15.43%), Calcium: 151.13mg (15.11%), Copper: 0.27mg (13.66%), Potassium: 440.22mg (12.58%), Zinc: 1.89mg (12.57%), Magnesium: 38.9mg (9.72%), Fiber: 1.86g (7.43%)