



Southwest Breakfast Burritos

READY IN



65 min.

SERVINGS



20

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 pound bulk pork sausage
- ☐ 2 tablespoons butter
- ☐ 12 eggs
- ☐ 20 6-inch flour tortillas ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 3.5 ounce jalapeños diced canned
- ☐ 0.7 cup milk
- ☐ 0.5 onion diced red

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1 ounce taco seasoning
- ☐ 1 tomatoes diced

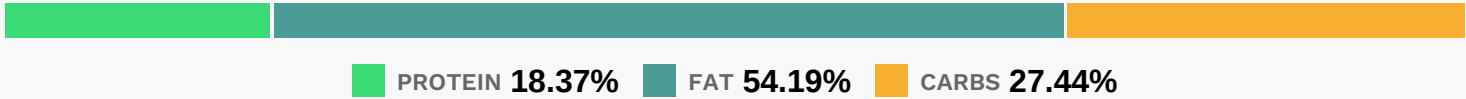
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Whisk together the eggs, milk, and salt in a large bowl.
- ☐ Heat butter in a large skillet over medium-high heat.
- ☐ Pour in the egg mixture; cook and stir until eggs are completely set, about 5 minutes. Chop the cooked eggs and place in a large bowl. Set aside.
- ☐ Heat a large skillet over medium heat and stir in the sausage and garlic. Cook and stir for 5 minutes, then add the onion. Continue cooking and stirring until the sausage is crumbly, evenly browned, and no longer pink.
- ☐ Drain and discard any excess grease.
- ☐ Combine the sausage with the eggs, tomato, cilantro, jalapeno, and taco seasoning. Allow mixture to cool to room temperature, then stir in the Cheddar cheese.
- ☐ Place a tortilla onto your work surface, then spoon some of the filling halfway between the bottom edge and the center of the tortilla. Flatten the filling into rectangle shape with the back of a spoon. Fold the bottom of the tortilla snugly over the filling, then fold in the left and right edges.
- ☐ Roll the burrito up to the top edge, forming a tight cylinder. Repeat with the remaining ingredients.
- ☐ Tightly wrap individual burritos with plastic wrap and freeze until ready to serve.
- ☐ Heat in the microwave until hot, 3 to 4 minutes, before serving.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:5.08, Inflammation Score:-5, Nutrition Score:9.4995651348777%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 255.44kcal (12.77%), Fat: 15.27g (23.49%), Saturated Fat: 6.2g (38.77%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 15.81g (5.75%), Sugar: 2.29g (2.55%), Cholesterol: 127mg (42.33%), Sodium: 726.1mg (31.57%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 11.65g (23.29%), Selenium: 17.51µg (25.02%), Phosphorus: 196.54mg (19.65%), Vitamin B2: 0.29mg (16.88%), Vitamin B1: 0.24mg (15.89%), Calcium: 134.89mg (13.49%), Vitamin B3: 2.49mg (12.47%), Vitamin A: 574.82IU (11.5%), Iron: 2.05mg (11.36%), Folate: 44.94µg (11.24%), Manganese: 0.19mg (9.42%), Vitamin B12: 0.56µg (9.4%), Zinc: 1.38mg (9.2%), Vitamin B6: 0.17mg (8.53%), Vitamin B5: 0.71mg (7.08%), Vitamin D: 0.96µg (6.42%), Fiber: 1.59g (6.35%), Potassium: 181.67mg (5.19%), Magnesium: 18.18mg (4.55%), Vitamin K: 4.43µg (4.22%), Copper: 0.08mg (4.14%), Vitamin E: 0.49mg (3.29%), Vitamin C: 2.64mg (3.2%)