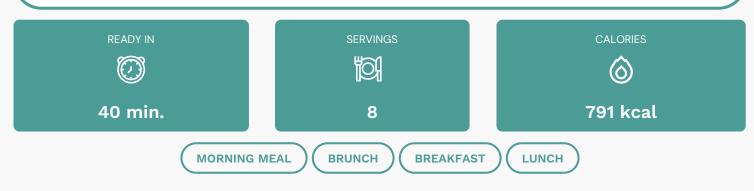


Tasty Breakfast Burritos



Ingredients

4 ounce chiles green drained chopped canned
12 eggs beaten
1 teaspoon flour all-purpose
8 10-inch flour tortilla ()
2 pounds sausage meat
1 cup milk
8 ounces cheddar cheese shredded

Equipment

	oven	
	baking pan	
Directions		
	Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.	
	Drain, reserving 2 tablespoons drippings; set sausage aside. Preheat oven to 350 degrees F (175 degrees C).	
	Add the eggs and green chiles to the skillet; cook, stirring occasionally, until eggs are scrambled and set.	
	Lightly grease a 9x13 inch baking pan.	
	Place the tortillas on a counter top or other clean surface. Cover each tortillas with portions on sausage, cheese and eggs.	
	Roll up the tortillas and place them seam side down in the baking dish.	
	Heat reserved sausage drippings in the skillet.	
	Sprinkle on the flour and stir.	
	Add milk, stirring constantly, until the gravy begins to thicken.	
	Pour the gravy on top of the tortilla rolls.	
	Bake in preheated oven for 10 to 15 minutes, until gravy is bubbly.	
Nutrition Facts		
	PROTEIN 19.92% FAT 60.61% CARBS 19.47%	

Properties

frying pan

Glycemic Index:25.25, Glycemic Load:11.79, Inflammation Score:-6, Nutrition Score:26.058260793271%

Nutrients (% of daily need)

Calories: 791.16kcal (39.56%), Fat: 52.61g (80.94%), Saturated Fat: 20.1g (125.62%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 35.32g (12.84%), Sugar: 4.4g (4.89%), Cholesterol: 359.18mg (119.73%), Sodium: 1583.41mg (68.84%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 38.9g (77.8%), Selenium: 44.6µg (63.72%), Phosphorus: 590.44mg (59.04%), Vitamin B1: 0.72mg (47.94%), Vitamin B2: 0.81mg (47.64%), Vitamin B3: 8.63mg (43.14%), Calcium: 392.45mg (39.25%), Vitamin B12: 2.02µg (33.61%), Zinc: 4.86mg (32.42%), Iron: 5.2mg (28.89%),

Folate: 112.02μg (28%), Vitamin B6: 0.56mg (27.79%), Vitamin D: 3.3μg (22%), Vitamin B5: 2.13mg (21.31%), Manganese: 0.38mg (18.79%), Vitamin A: 792.78IU (15.86%), Potassium: 543.67mg (15.53%), Magnesium: 51.13mg (12.78%), Fiber: 2.7g (10.79%), Copper: 0.21mg (10.26%), Vitamin E: 1.14mg (7.58%), Vitamin C: 5.64mg (6.84%), Vitamin K: 6.46μg (6.16%)