



Tasty Breakfast Burritos

READY IN



40 min.

SERVINGS



8

CALORIES



791 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

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

- frying pan
- 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

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: 0g (100%), Alcohol %: 0% (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%)