



Three-Pepper Breakfast Burritos

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



427 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 tablespoon butter
- 0.3 cup bell pepper green chopped
- 0.3 cup bell pepper red chopped
- 0.3 cup bell pepper yellow chopped
- 0.3 cup spring onion sliced (4 medium)
- 6 eggs
- 2 tablespoons milk
- 0.5 teaspoon salt

- 0.1 teaspoon pepper
- 11 oz flour tortilla for burritos (8 count)
- 2 oz pepper jack cheese shredded

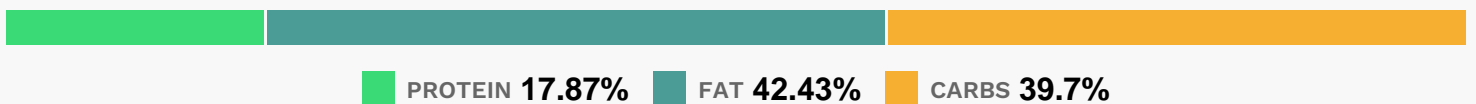
Equipment

- bowl
- frying pan

Directions

- In 10-inch nonstick skillet, melt butter over medium-high heat.
- Add bell peppers and onions; cook 2 to 3 minutes, stirring occasionally, until vegetables are just tender, stirring occasionally.
- In medium bowl, mix eggs, milk, salt and pepper; beat well.
- Pour egg mixture over vegetables in skillet. Reduce heat to medium; cook 1 to 3 minutes, stirring frequently, until eggs are set but still moist.
- To serve, spoon egg mixture onto warm tortillas; sprinkle with cheese.
- Roll up each tortilla tightly to secure filling. (Fold bottom of each tortilla 1 inch over filling. Fold sides in, overlapping to enclose filling. Fold top over sides.)

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:12.62, Inflammation Score:-8, Nutrition Score:21.487825911978%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 426.63kcal (21.33%), Fat: 19.98g (30.73%), Saturated Fat: 9.01g (56.31%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 38.55g (14.02%), Sugar: 4.54g (5.04%), Cholesterol: 266.56mg (88.85%), Sodium: 1070.73mg

(46.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.93g (37.86%), Vitamin C: 49.84mg (60.41%), Selenium: 39.97µg (57.1%), Phosphorus: 373.73mg (37.37%), Vitamin B2: 0.61mg (35.91%), Folate: 121.15µg (30.29%), Vitamin B1: 0.45mg (29.72%), Calcium: 275.03mg (27.5%), Iron: 4.34mg (24.12%), Manganese: 0.47mg (23.39%), Vitamin A: 1087.21IU (21.74%), Vitamin K: 21µg (20%), Vitamin B3: 3.84mg (19.22%), Fiber: 3.49g (13.96%), Vitamin B6: 0.26mg (13.14%), Vitamin B5: 1.28mg (12.79%), Vitamin B12: 0.75µg (12.53%), Zinc: 1.82mg (12.12%), Vitamin D: 1.49µg (9.92%), Magnesium: 35.45mg (8.86%), Potassium: 304.5mg (8.7%), Copper: 0.16mg (8.15%), Vitamin E: 1.09mg (7.28%)