



Tofu Breakfast Burritos

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 cups baby spinach
- ☐ 1 teaspoon chili powder
- ☐ 4 8-inch flour tortilla ()
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 ounce cheddar cheese shredded reduced-fat
- ☐ 1 cup salsa
- ☐ 0.1 teaspoon salt

- ☐ 12.3 ounce tofu firm crumbled drained reduced-fat
- ☐ 1 teaspoon vegetable oil

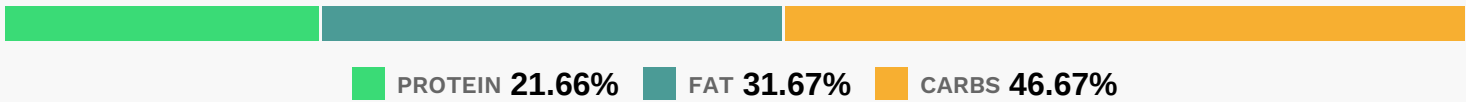
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add chili powder and cumin; cook 10 seconds.
- ☐ Add tofu; cook 1 1/2 minutes, stirring frequently. Stir in cheese, cilantro, and salt.
- ☐ Remove from heat.
- ☐ Warm tortillas according to package directions. Arrange 1/2 cup spinach over each tortilla; top each with 1/4 cup tofu mixture.
- ☐ Roll up.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:8.23, Inflammation Score:-8, Nutrition Score:15.87130420574%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 276.19kcal (13.81%), Fat: 9.84g (15.14%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 28.44g (10.34%), Sugar: 4.77g (5.3%), Cholesterol: 1.49mg (0.5%), Sodium: 941.85mg (40.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.15g (30.29%), Vitamin K: 82.13µg (78.21%), Vitamin A: 1898.14IU (37.96%), Calcium: 250.05mg (25%), Manganese: 0.48mg (23.91%), Iron: 3.86mg (21.46%), Folate: 80.71µg (20.18%), Vitamin B1: 0.29mg (19.65%), Selenium: 13.25µg (18.93%), Phosphorus: 170.36mg (17.04%), Fiber: 4.19g (16.75%), Vitamin B3: 3.17mg (15.83%), Vitamin B2: 0.21mg (12.62%), Potassium: 335.1mg (9.57%), Vitamin B6:

0.19mg (9.44%), Vitamin E: 1.4mg (9.32%), Magnesium: 35.67mg (8.92%), Vitamin C: 5.53mg (6.7%), Copper:
0.12mg (6.2%), Zinc: 0.64mg (4.29%), Vitamin B5: 0.24mg (2.43%)