

Tucson Breakfast Burro

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



297 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cinnamon sticks
- 1 large egg whites
- 6 flour tortilla warmed thin
- 0.5 medium onion chopped
- 1 bell pepper green red cored seeded chopped
- 1.5 lb roast beef black lean drained sliced for machaca for a nonmeat protein cut into matchsticks (or a 15-oz can or pinto beans, ,)
- 2 cups salsa
- 0.8 cup vegetable broth low-sodium

1.5 tbsp vegetable oil

Equipment

frying pan

Directions

To make machaca, heat oil in a skillet on medium heat.

Add onion and pepper and sauté about 3 minutes. Stir in meat and continue sautéing until meat is brown and crispy but not burned. (Scrape meat from the bottom occasionally.) Stir in broth and 1/2 cup salsa and add cinnamon stick. Bring mixture to a boil. Reduce to medium and cook until most of the liquid evaporates but the meat remains moist. Salt to taste.

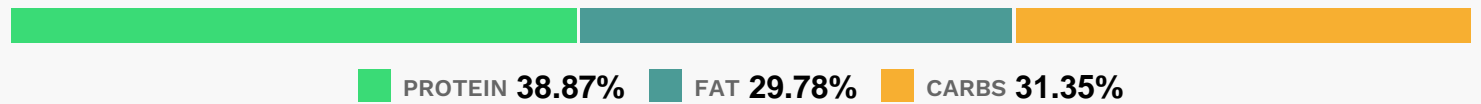
Remove cinnamon stick.

Mix eggs into machaca and continue cooking 1 or 2 minutes until eggs are just firm. Spoon 1/6 mixture onto each tortilla and roll up.

Place on a plate and spoon remaining salsa over each burro.

Self

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:4.94, Inflammation Score:-7, Nutrition Score:22.082173803578%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 296.88kcal (14.84%), Fat: 9.99g (15.37%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 20.12g (7.32%), Sugar: 5.46g (6.06%), Cholesterol: 64.64mg (21.55%), Sodium: 2506.12mg (108.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.67%), Vitamin C: 69.32mg (84.03%), Vitamin B3: 10.84mg (54.21%), Calcium: 395.9mg (39.59%), Vitamin B6: 0.68mg (34.02%), Vitamin B12: 1.93µg (32.21%), Phosphorus: 316.21mg (31.62%), Zinc: 4.48mg (29.86%), Selenium: 16.23µg (23.19%), Iron: 3.97mg

(22.08%), Manganese: 0.41mg (20.31%), Potassium: 638.19mg (18.23%), Vitamin B2: 0.28mg (16.72%), Vitamin B1: 0.25mg (16.54%), Fiber: 3.54g (14.15%), Vitamin K: 13.74µg (13.08%), Magnesium: 47.27mg (11.82%), Folate: 45.97µg (11.49%), Vitamin A: 491.29IU (9.83%), Vitamin E: 1.42mg (9.49%), Copper: 0.19mg (9.34%), Vitamin B5: 0.61mg (6.08%)