



Turkey Bacon Breakfast Burrito

READY IN



45 min.

SERVINGS



8

CALORIES



828 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 large avocado diced pitted peeled halved
- ☐ 16 ounce seasoned chili beans warmed canned
- ☐ 1 cup cilantro leaves chopped
- ☐ 16 large eggs
- ☐ 8 10-inch flour tortillas warmed
- ☐ 2 cups pica de gallo
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup heavy whipping cream sour
- ☐ 14 ounce at least of turkey bacon crumbled cooked butterball®

☐ 3 tablespoons vegetable oil

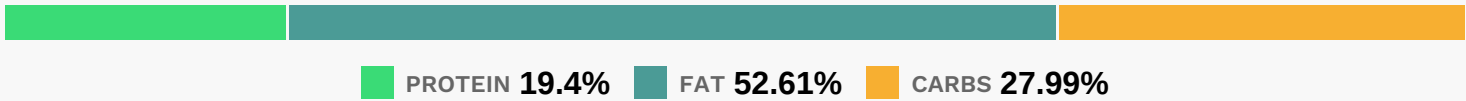
Equipment

☐ frying pan

Directions

- ☐ Heat oil in skillet over medium heat.
- ☐ Add eggs to skillet. Cook, pulling cooked portion to the center.
- ☐ Add bacon and continue cooking until eggs are firm.
- ☐ Remove from heat.
- ☐ To assemble burritos, evenly portion heated beans down center of each tortilla. Top beans with egg mixture, cheese, avocado and cilantro. Fold in opposite sides of each tortilla, and then roll up, burrito-style.
- ☐ Cut diagonally in half and serve with salsa and sour cream

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:11.21, Inflammation Score:-8, Nutrition Score:31.08782631418%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 828.36kcal (41.42%), Fat: 48.7g (74.92%), Saturated Fat: 16.3g (101.87%), Carbohydrates: 58.29g (19.43%), Net Carbohydrates: 51.71g (18.81%), Sugar: 12.47g (13.85%), Cholesterol: 451.71mg (150.57%), Sodium: 2704.51mg (117.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.4g (80.8%), Selenium: 65.03µg (92.9%), Phosphorus: 758.3mg (75.83%), Vitamin B2: 1mg (59.12%), Folate: 158.29µg (39.57%), Iron: 6.61mg (36.72%), Zinc: 5.08mg (33.88%), Vitamin B1: 0.47mg (31.5%), Calcium: 313.5mg (31.35%), Vitamin B6: 0.61mg (30.61%), Vitamin K: 30.71µg (29.25%), Vitamin B3: 5.62mg (28.09%), Fiber: 6.57g (26.28%), Vitamin A: 1305.14IU (26.1%), Potassium: 855.7mg (24.45%), Vitamin B5: 2.16mg (21.63%), Vitamin B12: 1.28µg (21.41%), Copper: 0.42mg (21.21%), Manganese:

0.42mg (21.13%), Magnesium: 81.8mg (20.45%), Vitamin E: 2.88mg (19.22%), Vitamin D: 2.28µg (15.22%), Vitamin C: 7.51mg (9.1%)