



Vegetarian Breakfast Burritos

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 servings pepper black freshly ground
- 0.3 teaspoon chili powder
- 0.3 cup black beans cooked
- 2 ounces cotija cheese crumbled
- 6 large eggs
- 6 8-inch flour tortilla warmed ()
- 1 tablespoon cilantro leaves fresh finely chopped
- 0.3 cup ears corn fresh (from)

- 1 tablespoon hot sauce such as cholula or tapatio mexican-style
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lime freshly squeezed
- 2 tablespoons onion red finely chopped (from)
- 0.3 cup summer squash (from)
- 0.3 cup tomatoes (from)
- 1 tablespoon butter unsalted

Equipment

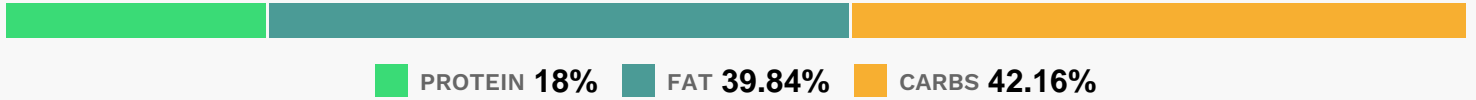
- bowl
- frying pan
- whisk
- aluminum foil
- spatula

Directions

- Place the eggs, hot sauce, and salt in a medium bowl, season with pepper, and whisk until the eggs are broken up and well blended; set aside. Melt the butter in a medium nonstick frying pan over medium-low heat until foaming, about 2 to 3 minutes. Swirl the butter in the pan until evenly coated.
- Pour in the beaten eggs and let sit undisturbed until the eggs just start to set around the edges, about 1 1/2 to 2 minutes. Using a rubber spatula, push the eggs from the edges into the center.
- Let sit again for about 30 seconds, then repeat pushing the eggs from the edges into the center every 30 seconds until just set, about 2 1/2 minutes total.
- Remove the pan from the heat and stir in the cheese.
- Place the tortillas on a work surface. Spoon an even amount of eggs onto the lower third of each tortilla, leaving a 1-1/2-inch border. Divide the salsa over the eggs, avoiding any excess liquid that may have accumulated in the bottom of the bowl. Fold the sides of the tortilla in. Then, pressing firmly down to hold the folds in place, roll the entire tortilla horizontally up from the bottom to the top. Turn the burrito so that the seam faces down and repeat rolling the remaining burritos.

Serve immediately or wrap in foil to take on the go.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:8.7, Inflammation Score:-5, Nutrition Score:13.625217458476%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 294.07kcal (14.7%), Fat: 12.97g (19.96%), Saturated Fat: 5.56g (34.75%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 27.82g (10.12%), Sugar: 3.16g (3.51%), Cholesterol: 199.43mg (66.48%), Sodium: 808.84mg (35.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.37%), Selenium: 28.38µg (40.55%), Vitamin B2: 0.48mg (28.09%), Phosphorus: 263.38mg (26.34%), Folate: 96.31µg (24.08%), Vitamin B1: 0.34mg (22.43%), Manganese: 0.37mg (18.27%), Iron: 3.12mg (17.34%), Calcium: 156.29mg (15.63%), Vitamin B3: 2.68mg (13.41%), Fiber: 3.08g (12.3%), Vitamin B5: 1.05mg (10.54%), Vitamin B12: 0.61µg (10.14%), Vitamin B6: 0.2mg (10.01%), Vitamin A: 499.92IU (10%), Zinc: 1.38mg (9.21%), Magnesium: 31.67mg (7.92%), Vitamin D: 1.07µg (7.15%), Potassium: 245.16mg (7%), Vitamin C: 5.39mg (6.53%), Copper: 0.13mg (6.49%), Vitamin K: 5.56µg (5.3%), Vitamin E: 0.7mg (4.65%)