

# Waynesboroughs

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 eggs
- 10 8-inch flour tortilla ()
- 1 pound pork sausage
- 5 large potatoes diced peeled

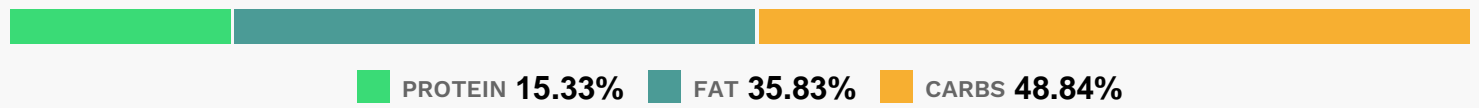
## Equipment

- frying pan
- sauce pan

## Directions

- Boil the potatoes in a large saucepan until they are soft, but not mushy.
- Drain and return to the pan.
- In a large skillet, brown the sausage until there is no pink left.
- Drain and set aside.
- Coat a small skillet with vegetable cooking spray. Over medium heat, scramble the eggs.
- Mix potatoes, sausage and scrambled eggs thoroughly and place into the flour tortillas.

## Nutrition Facts



## Properties

Glycemic Index:14.57, Glycemic Load:31.55, Inflammation Score:-5, Nutrition Score:19.974782612013%

## Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 473.77kcal (23.69%), Fat: 18.79g (28.9%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 57.62g (19.21%), Net Carbohydrates: 51.77g (18.83%), Sugar: 3.43g (3.81%), Cholesterol: 130.87mg (43.62%), Sodium: 712.4mg (30.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.16%), Vitamin C: 36.66mg (44.44%), Vitamin B6: 0.76mg (37.9%), Vitamin B1: 0.54mg (35.96%), Phosphorus: 323.73mg (32.37%), Vitamin B3: 6.35mg (31.76%), Selenium: 20.03µg (28.62%), Potassium: 989.42mg (28.27%), Manganese: 0.54mg (27.19%), Iron: 4.26mg (23.64%), Fiber: 5.84g (23.38%), Folate: 90.32µg (22.58%), Vitamin B2: 0.38mg (22.29%), Magnesium: 63.17mg (15.79%), Copper: 0.3mg (15.06%), Zinc: 2.13mg (14.2%), Vitamin B5: 1.34mg (13.39%), Calcium: 115.47mg (11.55%), Vitamin B12: 0.62µg (10.34%), Vitamin D: 1.12µg (7.45%), Vitamin K: 7.44µg (7.08%), Vitamin A: 180.27IU (3.61%), Vitamin E: 0.38mg (2.55%)