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## Egg & Cheese Burrito <sup>♦♦</sup>

The Egg & Cheese Burrito is a classic breakfast dish that is also enjoyed as a quick and easy meal throughout the day. It consists of scrambled eggs, melted cheese, and other optional fillings wrapped in a warm tortilla. This recipe provides a step-by-step guide on how to make a delicious Egg & Cheese Burrito at home.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

4 pieces	Eggs
100 g	Cheese
2 pieces	tortilla
0.5 tsp	Salt

0.25  
tsp

Pepper

1 tbsp

Butter

optional fillings

## Directions

### Step 1

Mixing

Crack the eggs into a bowl and whisk them until well beaten.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

### Step 2

Stove

Heat a non-stick skillet over medium heat and melt the butter.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

### Step 3

Stove

Pour the beaten eggs into the skillet and cook, stirring occasionally, until they are scrambled and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

Season the scrambled eggs with salt and pepper to taste.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Stove or microwave

Warm the tortillas in a separate skillet or in the microwave.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 6

Place a portion of the scrambled eggs onto each tortilla, then sprinkle with shredded cheese and any optional fillings.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Fold the sides of the tortilla over the filling, then roll it up tightly to form a burrito shape.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 8

Serve the Egg & Cheese Burritos warm and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 18 g

**Protein:** 16 g

**Carbohydrates:** 20 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	16 g	94.12%	94.12%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	18 g	64.29%	72%
Cholesterol	300 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	6 mcg	40%	40%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Meal Type

Breakfast

Brunch

Lunch

Snack

### Nutritional Content

Low Calorie

### Course

Appetizers

Main Dishes

Side Dishes

Salads

Snacks

### Cultural

Chinese New Year

Christmas

Easter

Halloween

### Cost

Under \$10

### Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Heart Healthy

### Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

### Difficulty Level

Medium

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