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Ham and Rice Breakfast Burrito

A delicious and filling breakfast burrito made with ham and rice. This recipe is perfect for a quick and easy breakfast or brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

200 g	Ham
200 g	cooked rice
4 pieces	tortillas
4 pieces	Eggs
100 g	cheese

1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil

Directions

Step 1

Stove

In a large skillet, heat olive oil over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add ham to the skillet and cook until heated through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

In a separate bowl, whisk together eggs, salt, and pepper.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Stove

Pour the egg mixture into the skillet and scramble until cooked.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove or oven

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

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Place a tortilla on a plate and spoon some rice, ham, scrambled eggs, and cheese onto it.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Fold the sides of the tortilla over the filling and roll it up tightly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Repeat with the remaining tortillas and filling.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Serve the breakfast burritos warm.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
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	5 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	15 mg	136.36%	187.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Winter

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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