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## Vegetarian Breakfast Burrito

A delicious and nutritious breakfast burrito filled with vegetarian ingredients. Perfect for starting your day with a healthy and filling meal.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	tortillas
6 pieces	Eggs
200 g	Black Beans
200 g	Avocado
150 g	Tomato
50 g	red onion

100 g	cheddar cheese
100 g	sour cream
20 g	Cilantro
5 g	salt
5 g	pepper

## Directions

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### Step 1

Stove

Cook the eggs in a pan and scramble them.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Microwave, stove

Warm up the tortillas in a microwave or on a stove.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 3

Mash the avocado with a fork and season with salt and pepper.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Cutting

Chop the tomato, red onion, and cilantro.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 5

Assembly

Assemble the burritos by spreading mashed avocado on the tortillas, then adding scrambled eggs, black beans, tomato, red onion, cheddar cheese, sour cream, and cilantro.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Roll up the burritos and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	10 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
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	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring Summer

### Meal Type

Breakfast Lunch Snack Brunch Supper

### Kitchen Tools

Slow Cooker

### Course

Appetizers Main Dishes Salads Snacks

### Cultural

Chinese New Year Passover Easter

### Cost

\$10 to \$20

### Demographics

Kids Friendly Senior Friendly Teen Friendly Lactation Friendly

Diabetic Friendly

**Diet**

Mediterranean Diet

**Difficulty Level**

Medium

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