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## Egg Burrito · ·

The Egg Burrito is a delicious and filling breakfast dish that is perfect for starting your day. It consists of scrambled eggs, cheese, and other ingredients wrapped in a tortilla. This recipe is easy to make and can be customized with your favorite toppings.

**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
2 pieces	tortillas
100 g	cheese
50 g	Bell peppers

<b>50 g</b>	Onions
<b>1 tsp</b>	salt
<b>1 tsp</b>	pepper
<b>2 tbsp</b>	oil

## Directions

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### Step 1

Stove

Heat oil in a pan over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Stove

Add onions and bell peppers to the pan and sauté until they are softened.

**Prep Time:** 3 mins

**Cook Time:** 5 mins

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### Step 3

In a separate bowl, whisk the eggs with salt and pepper.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Stove

Push the sautéed vegetables to one side of the pan and pour the whisked eggs into the other side.

**Prep Time:** 1 mins

**Cook Time:** 3 mins

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## Step 5

Stove

Scramble the eggs until they are cooked through.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 6

Stove, microwave

Warm the tortillas in a separate pan or microwave.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## Step 7

Place the scrambled eggs, sautéed vegetables, and cheese on each warmed tortilla.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 8

Roll up the tortillas tightly to form burritos.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 9

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 12 g

**Protein:** 15 g

**Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	2 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	5 g	22.73%	29.41%
Fat	12 g	42.86%	48%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
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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