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Vegan Breakfast Burritos ♦

Vegan breakfast burritos are a delicious and healthy way to start your day. They are packed with plant-based protein and fiber, and are a great option for those following a vegan or vegetarian diet. This recipe combines flavorful ingredients like tofu scramble, black beans, avocado, and salsa, all wrapped in a warm tortilla. It's a filling and satisfying breakfast that will keep you energized throughout the morning.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	firm tofu
200 g	Black Beans
200 g	Avocado
100 g	salsa

400 g	tortillas
5 g	Salt
2 g	Black pepper
15 g	olive oil

Directions

Step 1

Press the tofu to remove excess water, then crumble it into a bowl.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Heat olive oil in a pan over medium heat. Add the crumbled tofu, salt, and black pepper. Cook for 5-7 minutes, until the tofu is lightly browned and seasoned.

Prep Time: 2 mins

Cook Time: 7 mins

Step 3

Stove

Warm the tortillas in a dry skillet or on a griddle until pliable.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Assemble the burritos by spreading a layer of tofu scramble onto each tortilla. Top with black beans, avocado, and salsa. Roll up the tortillas tightly, tucking in the sides as you go.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serve the vegan breakfast burritos warm and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 12 g

Protein: 20 g

Carbohydrates: 40 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	40 g	72.73%	80%
Fibers	12 g	31.58%	48%
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	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	12 g	42.86%	48%
Cholesterol	0 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	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

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

Picnic

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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