



Confetti Breakfast Burritos

Handout 2

Serving Size: 1 burrito

Yield: 4 servings

Ingredients:

- 2 large eggs
- 4 egg whites
- 2 teaspoons olive oil
- 1 medium tomato, seeded and chopped
- 1/4 cup diced green pepper
- 1/4 cup diced red pepper
- 1/4 cup diced yellow squash
- 1/4 cup chopped green onion
- Salt and freshly ground black pepper, to taste
- Cayenne pepper, to taste (optional)
- 4 tablespoons soy bacon bits (or to taste)
- 4 flour tortillas, preferably whole wheat, room temperature or warmed

Instructions:

1. In medium bowl, beat eggs with egg whites. Set aside.
2. Heat olive oil in nonstick skillet over medium heat. When oil is hot, add tomato, peppers, squash and onion. Cook 3 minutes, stirring constantly.
3. Add eggs and scramble with a heat-resistant plastic fork or spoon. Add salt, pepper and cayenne, if using.
4. When eggs are cooked, stir in soy bacon bits.
5. Divide eggs evenly onto tortillas. Roll up tightly, burrito style, and serve immediately.

Source:

American Institute for Cancer Research

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Nutrition Facts	
Serving Size 1 burrito	
Servings Per Container	
Amount Per Serving	
Calories 202	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	0%
<i>Trans Fat</i> 0g	
Cholesterol 106mg	35%
Sodium 471mg	20%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 13g	
Vitamin A 14%	Vitamin C 52%
Calcium 8%	Iron 14%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9	Carbohydrate 4 • Protein 4