

# Breakfast Burrito

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28292
<b>School:</b>	Prairie Heights Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	3 Ounce	Use 1/2 cup (4 fl. oz. scoop)	533034
TORTILLA FLOUR ULTRGR 9"	1 Each		523610

## Preparation Instructions

Take a # 8 scoop of eggs, placing them in the center of a tortilla . Fold and place into a foil wrapper . Then hold in warmer and serve .

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	255.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	30.50g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	3.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 2.52mg

## Nutrition - Per 100g

<b>Calories</b>	411.52
<b>Fat</b>	21.16g
<b>Saturated Fat</b>	8.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	299.82mg
<b>Sodium</b>	670.19mg
<b>Carbohydrates</b>	35.86g
<b>Fiber</b>	3.53g
<b>Total Sugar</b>	4.12g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.81g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 152.85mg	<b>Iron</b> 2.96mg