

Hearty Breakfast Burritos with U.S. Pepper Jack

A Mexican favorite with a breakfast twist!



INGREDIENTS

(Makes 8)

Eggs, large	12
Breakfast Sausage	675g
Canola Oil	80ml
Sweet Red Pepper, diced	240g
Onion, diced	240g
Potatoes, baked, cooled and shredded	480g
U.S. Pepper Jack, shredded	480g
Flour Tortillas, 25cm	8
Salsa, pre-made	480ml
Fresh Coriander Leaves (Cilantro), chopped	24g

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 200 Calories from Fat 120

Total Fat 13g **20%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 390mg **16%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 8g

Vitamin A 10% • Vitamin C 20%

Calcium 10% • Iron 6%

*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	20g	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

Per 100g

Calories 204kcal

Total Fat 13g

Saturated Fat 5g

Trans Fat 0g

Cholesterol 93mg

Total Carbohydrates 14g

Dietary Fiber 1g

Sugars 2g

Protein 8g

Calcium 105mg

Magnesium 17mg

Phosphorus 12mg

Potassium 145mg

Sodium 389mg

Iron 1mg

Vitamin A 575IU

Vitamin C 11mg

PREPARATION

1. In a large frying pan over medium heat scramble eggs until cooked and pour them in a separate bowl or steam table pan.
2. In the same frying pan cook sausage until done and crumbled. Pour off excess grease and combine meat with eggs.
3. In the same frying pan add oil, sweet red pepper, onion and sauté for two minutes.
4. Turn heat to medium high and add potatoes and cook until lightly browned.
5. Add to the meat and egg mixture, mix together and keep warm.
6. Lay out the 8 tortillas and divide the pepper jack evenly down the middle of each circle horizontally.
7. Spoon and divide the egg mixture evenly over the cheese on each.
8. Drizzle half the salsa over the top and sprinkle on the chopped coriander.
9. Roll to make burritos; from the bottom, roll half way, turn in one side and roll the rest of the way. Serve with the remaining salsa on the side and a lime wedge, if desired.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.