

These burritos can be made for meal-prep. Store in the refridgerator, microwave them at 60% power for 2 minutes, flip the burrito and microwave at full power for another 15 seconds.

1	1 3 tbsp	russet potato avocado oil salt pepper	Preheat the oven to 400F. Line a sheet pan with parchment paper. Shred the potato. In a mixing bowl, mix the potato, avocado oil, salt, and pepper. Distribute the mixture onto the pan lined with parchment paper. Place the pan in the preheated oven and bake for 30 minutes or until crispy brown.
2	1 dozen 1 4 oz can	eggs diced green chiles salt pepper	Crack the eggs into a mixing bowl, add the green chiles, salt, and pepper. Mix the egg mixture.
3	8 links	breakfast sausage links	Dice the sausage links and brown them in a skillet. Add the egg mixture and cook it.
4	8 2 cups	low carb tortillas shredded mexican cheese blend	Spread 1/8th of the potatoes on a tortilla. Layer in some cheese. Add 1/8th of the eggs on top of the cheese and potatoes, then layer on some more cheese. Roll up the tortilla and wrap it in aluminum foil if saving for later. Repeat the process for the remaining 7 burritos.

Nutrition Facts

Serving Size: 1 Burrito

Servings per Recipe: 8

Amount per Serving

Calories (kcal) **450.17**

Fat (g) 30.12

Saturated Fat (g) 10.82

Trans Fat (g) 0.0

Polyunsaturated Fat (g) 2.26

Monounsaturated Fat (g) 6.75

Cholesterol (mg) 317.5

Sodium (mg) 1252.85

Carbohydrates (g) 37.98

Sugar (g) 0.57

Fiber (g) 23.57

Protein (g) 26.92

Calcium 341.43 mg **Iron** 2.65 mg

Phosphorus 150.0 mg **Potassium** 281.27 mg

Riboflavin 0.39 mg **Vitamin A** 450.0 IU

Vitamin C 0.0 mg **Vitamin D** 60.0 IU

Vitamin E 12.0 IU **Zinc** 0.0 mg

Adapted from *Easy Breakfast Burritos*¹ and *Crispy Oven Hash Browns*²

¹Shawn Syphus. *Easy Breakfast Burritos*. July 2021. URL: <https://www.pillsbury.com/recipes/easy-breakfast-burritos/2fd0666e-79c3-40e8-a375-7be8e6db7360>.

²Mirlandra. *Crispy Oven Hash Browns*. Aug. 2017. URL: <https://www.mirlandraskitchen.com/oven-hash-browns/>.