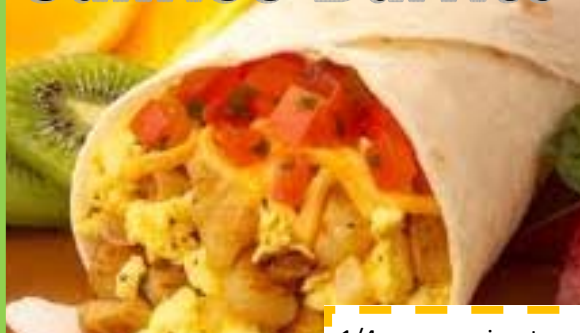


Featured Recipe at

*The Nest*

in Louisville Hall

# Sunrise Burrito



Put frozen hashbrowns in a medium-heat skillet; when they begin to brown, add the Morningstar Crumbles and continue cooking until they are warmed through. Remove them from the skillet and place them on the 8" flour tortilla. Scramble

½ cup of Egg Beaters Southwestern, and add to hashbrowns and Crumbles. Top with 1/8 cup 2% cheese and a spoonful of salsa. Fold up the tortilla and enjoy!

1/4 cup morningstar crumbles

1/4 cup frozen plain hashbrowns

1/2 cup Egg Beaters Southwestern, scrambled

1/8 cup 2% cheddar cheese/Monterey jack

2 tbs fresh salsa

soft tacos

*The Nest* convenience store

located in Louisville Hall.



**basicpantry**  
UofL Campus Health Services UofL Dining Services, by students

# Sunrise Burrito

## Nutrition Facts

Serving Size 1 burrito

Serving per Recipe 1

Amount per Serving

**Calories** 307

Calories from Fat 62.5

% Daily Value

**Total Fat** 6.94 g

10%

Saturated Fat 3.25g

16%

**Cholesterol** 7.5mg

2%

**Sodium** 1025mg

42%

**Total Carbohydrate** 35.01g

11%

Dietary Fiber 12.79

51%

Sugars 1.19g

**Protein** 25.58g

51%

Est. Percent Calories From:

Fat

19%

Carbs

45%

Protein

33%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

**Tip:** If you don't have time to make this on the stove, make it in the microwave! Find instructions on how to do this on the Basic Pantry's website.

[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

