

PantryPress



Spinach and Egg Breakfast Burrito

Serves: 3

Ingredients

- 3 tortillas
- 1/3 Tablespoon butter
- 1 can spinach
- 5 eggs
- 1/2 teaspoon onion powder
- 1/4 teaspoon nutmeg (optional)

Directions

1. Open can of spinach and drain liquid. Rinse and repeat. Squeeze out as much liquid as possible.
2. Sauté spinach in skillet with a small amount of butter for 2-3 minutes. Add eggs and scramble them in the same skillet until you have reached desired consistency. Salt and pepper to taste.
3. Warm tortillas and assemble into burritos. Top with salsa (optional) and serve warm.

Nutrition Info

320 Calories
15g Fat
30g Carbohydrates
18g Protein
557 mg Sodium

What is Protein?

Like carbohydrates and fat, protein is a macronutrient our bodies need to function. Proteins are made from amino acids, the majority of which we must get from food.

Why is Protein important?

Protein is needed in our body to repair cells and make new ones; it is even needed to heal something as simple as a paper cut. Protein also helps in managing blood sugar by slowing down digestion and it helps produce some of the hormones needed to keep our body functioning properly.

Where is Protein found in the body?

Protein is found all throughout the body, in our muscles, hair, bones, skin and many other areas. Protein has a big role and lots of area to cover, which is why it is so important to prioritize eating enough of it each day.

Does all Protein food come from animals?

No, some protein foods come from plants like nuts and seeds or soy and tofu. Legumes such as chickpeas, black beans, pinto beans, peas, and lentils are also packed with protein. Even greens like spinach have 5 grams of protein per serving and artichokes have a similar 4g of protein per serving.

Why is it important to choose different sources of Protein?

Eating a variety of proteins helps you consume more of the nutrients your body needs. Balancing the protein foods you eat on a weekly basis to make room for plant-based proteins and seafood that are high in healthy fatty acids (called omega-3s) may help reduce cholesterol and saturated fat intake.

How do I choose lean animal Proteins?

Choosing lean protein options can be helpful in reducing dietary cholesterol and saturated fat intake. Examples of lean meat choices would be foods such as 93% lean ground beef, pork loin, or skinless chicken breasts. Check out the tips below to help make an informed choice the next time you are picking out your proteins.

- Look for words like “round” or “loin” in the name of the cut of meat.
- Choose lean meat with 3g or less fat per 1 oz serving.
- Limit breading on meat or poultry to reduce the dietary fat that breading absorbs during cooking and frying.

Related Links:

<https://www.myplate.gov/eat-healthy/protein-foods>

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/protein-and-heart-health>



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