

# High Protein Freezer Breakfast Burritos

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/east-high-protein-bodybuilding-recipe>

## Ingredients:

- 2 tablespoons olive oil divided
- 1 medium onion sliced
- 1 bell pepper sliced
- 16 ounces ground chicken
- 16 ounces breakfast sausage ground hot
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 6 large eggs
- 12 slices cheddar cheese
- 12 tortillas

## Nutrition:

1. Calories: 1340 calories
2. Carbohydrate: 113 grams
3. Cholesterol: 505 milligrams
4. Fat: 68 grams
5. Fiber: 8 grams
6. Protein: 68 grams
7. SaturatedFat: 27 grams
8. Sodium: 2330 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy High Protein Freezer Breakfast Burritos above. You can see more 15+ east high protein bodybuilding recipe Get cooking and enjoy! to get more great

cooking ideas.