

Breakfast Enchiladas

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-breakfast-enchiladas-recipe>

Ingredients:

- 1 pound breakfast sausage bulk
- 1 red pepper medium, chopped
- 1 onion small, chopped
- 1/2 cup green onions Chopped
- 2 1/2 cups shredded cheddar cheese Divided
- 10 whole flour tortillas
- 2 cups half-and-half
- 6 whole eggs
- 1 tablespoon flour
- salsa
- sour cream

Nutrition:

1. Calories: 1140 calories
2. Carbohydrate: 103 grams
3. Cholesterol: 440 milligrams
4. Fat: 61 grams
5. Fiber: 7 grams
6. Protein: 46 grams
7. SaturatedFat: 30 grams
8. Sodium: 1760 milligrams
9. Sugar: 8 grams

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