

BREAKFAST BURRITO

MAKES 1

INGREDIENTS



COOKING SPRAY 1 EGG, SCRAMBLED

1/2 CUP

FRESH SPINACH

2 TABLESPOONS

SALSA

1 WHOLE GRAIN

TORTILLA

INSTRUCTIONS

1. Spray a microwave-safe bowl with cooking spray. Pour in egg and cook in microwave until fluffy (about 40 to 45 seconds).
2. Spread egg, spinach, and salsa over tortilla.
3. Roll up and enjoy!



Nutrition Facts

Servings: 1

Amount per serving

Calories

190

% Daily Value*

Total Fat 6.1g 8%

Saturated Fat 1.5g 7%

Cholesterol 164mg 55%

Sodium 395mg 17%

Total Carbohydrate 24.9g 9%

Dietary Fiber 3.9g 14%

Total Sugars 1.4g

Protein 10.5g

Vitamin D 15mcg 77%

Calcium 87mg 7%

Iron 2mg 14%

Potassium 238mg 5%



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).