



## Cheesy Burrito Scramble to Go

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



29 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 eggs
- 1 milk singles 2% kraft
- 1 Tbsp salsa
- 1 6-inch tortillas whole wheat ()

### Equipment

- bowl
- aluminum foil
- microwave

## Directions

- Place tortilla in small microwaveable bowl; top with 2% Milk Singles.
- Add egg; beat gently with fork.
- Microwave on HIGH 1 min. or just until egg is set.
- Transfer tortilla to small sheet of foil; top with salsa. Fold tortilla over egg, then wrap in foil.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0752173966688%

## Nutrients (% of daily need)

Calories: 28.76kcal (1.44%), Fat: 1.19g (1.84%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.45g (0.89%), Sugar: 0.41g (0.46%), Cholesterol: 32.75mg (10.92%), Sodium: 68.55mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Selenium: 2.74µg (3.91%), Vitamin B2: 0.04mg (2.46%), Phosphorus: 18.76mg (1.88%), Fiber: 0.41g (1.64%), Iron: 0.29mg (1.63%), Calcium: 15.42mg (1.54%), Vitamin B5: 0.14mg (1.43%), Vitamin B12: 0.08µg (1.32%), Vitamin A: 65IU (1.3%), Vitamin D: 0.18µg (1.17%), Folate: 4.29µg (1.07%), Vitamin B6: 0.02mg (1.07%)