



Morning Burrito

READY IN



20 min.

SERVINGS



2

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp chiles green canned chopped
- 2 Tbsp milk cheddar cheese shredded 2% kraft
- 2 egg whites
- 2 8-inch flour tortillas ()
- 0.3 cup taco bellâ® & chunky salsa thick
- 4 slices oscar mayer turkey bacon

Equipment

- frying pan

whisk

Directions

Cook bacon in small nonstick skillet on medium heat 8 to 10 min. or until done.

Place on tortillas; top with cheese.

Whisk egg whites and chiles until blended.

Add to hot skillet; cook and stir 2 min. or until set. Spoon onto tortillas.

Fold in opposite sides of each tortilla; then roll up burrito style. Top with salsa.

Nutrition Facts



PROTEIN 22.57% **FAT 41.51%** **CARBS 35.92%**

Properties

Glycemic Index:30.5, Glycemic Load:8.02, Inflammation Score:-4, Nutrition Score:11.692174045936%

Nutrients (% of daily need)

Calories: 324.3kcal (16.22%), Fat: 14.91g (22.94%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 26.53g (9.65%), Sugar: 3.37g (3.75%), Cholesterol: 35.94mg (11.98%), Sodium: 1363.52mg (59.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.49%), Selenium: 27.32µg (39.02%), Phosphorus: 288.52mg (28.85%), Vitamin B2: 0.39mg (23.11%), Vitamin B1: 0.29mg (19.27%), Vitamin B3: 3.69mg (18.45%), Calcium: 150.98mg (15.1%), Iron: 2.72mg (15.09%), Folate: 58.79µg (14.7%), Manganese: 0.29mg (14.64%), Zinc: 1.51mg (10.08%), Fiber: 2.5g (9.99%), Vitamin B6: 0.19mg (9.66%), Potassium: 322.12mg (9.2%), Magnesium: 30.11mg (7.53%), Vitamin K: 7.23µg (6.88%), Copper: 0.13mg (6.29%), Vitamin A: 250.62IU (5.01%), Vitamin E: 0.75mg (4.99%), Vitamin C: 3.18mg (3.86%), Vitamin B12: 0.22µg (3.63%), Vitamin B5: 0.25mg (2.48%), Vitamin D: 0.16µg (1.09%)