



Over-the-Border Breakfast Sausage Wraps

READY IN



43 min.

SERVINGS



6

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 16 oz egg substitute
- ☐ 6 8-inch flour whole wheat white soft ()
- ☐ 12 oz sausage meat
- ☐ 1 tsp hot sauce
- ☐ 6 oz reduced fat mexican blend cheese shredded reduced-fat
- ☐ 6 servings cream sour chopped

Equipment

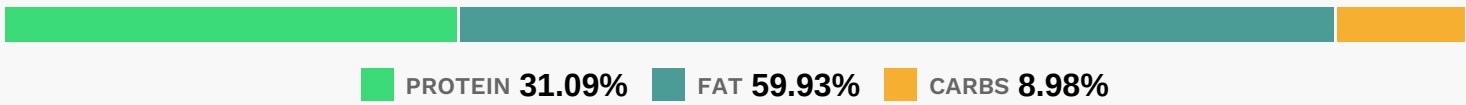
- ☐ frying pan

☐ paper towels

Directions

- ☐ Cook sausage in a large nonstick skillet coated with cooking spray over medium-high heat 10 minutes or until sausage crumbles and is no longer pink. Tilt pan to drain well; pat sausage dry with paper towels. Stir in hot sauce.
- ☐ Cook egg substitute in a large skillet coated with cooking spray over medium-high heat, without stirring, 1 to 2 minutes or until mixture begins to set on bottom.
- ☐ Gently stir to slightly break up eggs. Cook, stirring occasionally, 3 to 4 minutes or until eggs are thickened and moist. (Do not overstir.)
- ☐ Remove skillet from heat.
- ☐ Lightly coat both sides of tortillas with cooking spray. Spoon sausage, eggs, and cheese down center of each tortilla. Fold sides over, enclosing filling completely, and gently press to seal.
- ☐ Cook wraps, in 2 batches, folded sides down, in a large skillet coated with cooking spray over medium-high heat 3 minutes or until lightly browned. Carefully turn, and cook 2 to 3 more minutes or until lightly browned and cheese is melted.
- ☐ Cut each wrap in half, and serve immediately with desired toppings.
- ☐ Note: For testing purposes only, we used Jimmy Dean 50% Less Fat Than Regular Pork Sausage and Egg Beaters With Yolk Southwestern egg substitute.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:14.571304392555%

Nutrients (% of daily need)

Calories: 309.78kcal (15.49%), Fat: 20.56g (31.63%), Saturated Fat: 8.28g (51.73%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 6.83g (2.49%), Sugar: 1.77g (1.97%), Cholesterol: 60.56mg (20.19%), Sodium: 786.02mg (34.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24g (48%), Selenium: 36.89µg (52.7%), Calcium: 417.04mg (41.7%), Phosphorus: 319.14mg (31.91%), Vitamin B2: 0.48mg (28.39%), Zinc: 3.31mg (22.07%), Vitamin B12: 1.28µg (21.36%), Vitamin B1: 0.26mg (17.67%), Vitamin B5: 1.64mg (16.36%), Vitamin B6: 0.3mg (15.2%), Vitamin B3: 2.81mg (14.04%), Vitamin D: 2.06µg (13.73%), Iron: 2.19mg (12.17%), Potassium: 361.22mg (10.32%), Vitamin E: 1.36mg (9.06%), Vitamin A: 441.25IU (8.82%), Magnesium: 31.64mg (7.91%), Folate: 21.02µg (5.26%), Copper: 0.06mg

(3.2%), Vitamin C: 1.37mg (1.66%)