



Scrambled Morning Wrap

 Vegetarian  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 tsp pepper black
- 1 cup cholesterol-free egg product
- 4 8-inch flour tortillas ()
- 2 cups mushrooms fresh sliced
- 1 bell pepper green finely chopped
- 2 tsp olive oil
- 0.5 cup taco bell® & chunky salsa thick

Equipment

frying pan

Directions

- Cook and stir vegetables in hot oil in large skillet on medium heat 3 to 4 min. or until peppers are crisp-tender.
- Add egg product and black pepper; mix well. Cook 3 to 5 min. or until set, stirring frequently. Stir in salsa; simmer on low heat 2 min., stirring occasionally.
- Spoon onto tortillas; roll up.

Nutrition Facts

PROTEIN 19.32% **FAT 38.29%** **CARBS 42.39%**

Properties

Glycemic Index:27, Glycemic Load:8.41, Inflammation Score:-6, Nutrition Score:17.583478036134%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 289.07kcal (14.45%), Fat: 12.38g (19.05%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 27.46g (9.99%), Sugar: 5.02g (5.58%), Cholesterol: 225.99mg (75.33%), Sodium: 678.19mg (29.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.11%), Selenium: 34.79µg (49.69%), Vitamin B2: 0.63mg (37.26%), Vitamin C: 25.54mg (30.96%), Phosphorus: 283.17mg (28.32%), Vitamin B1: 0.35mg (23.21%), Vitamin B3: 4.54mg (22.7%), Folate: 88.95µg (22.24%), Manganese: 0.38mg (19.02%), Iron: 3.42mg (18.98%), Vitamin B5: 1.83mg (18.3%), Vitamin B6: 0.31mg (15.37%), Copper: 0.29mg (14.59%), Fiber: 3.39g (13.55%), Potassium: 437.82mg (12.51%), Calcium: 122.57mg (12.26%), Vitamin A: 594.81IU (11.9%), Vitamin E: 1.47mg (9.83%), Zinc: 1.41mg (9.39%), Vitamin B12: 0.56µg (9.33%), Vitamin D: 1.31µg (8.74%), Vitamin K: 8.98µg (8.55%), Magnesium: 30.89mg (7.72%)