



## Southwest Breakfast Wrap

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup corn kernels fresh white ( 2 ears)
- 4 large eggs lightly beaten
- 4 8-inch flour tortillas ( )
- 1 tablespoon cilantro leaves fresh minced
- 2 tablespoons bell pepper diced green finely
- 0.3 teaspoon ground cumin
- 1 teaspoon jalapeno minced seeded
- 4 lettuce leaves

- 1 tablespoon juice of lime fresh
- 2 tablespoons monterrey jack cheese shredded finely
- 2 tablespoons plum tomatoes diced seeded finely
- 0.5 teaspoon salt divided

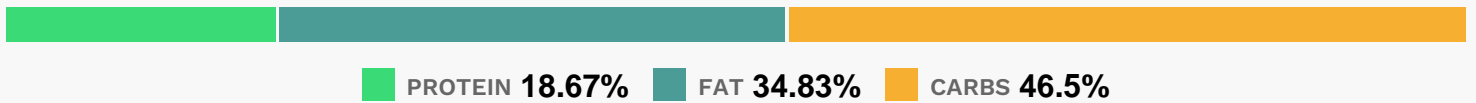
## Equipment

- bowl
- frying pan

## Directions

- Combine first 6 ingredients (through lime juice) in a small bowl; stir in 1/4 teaspoon salt.
- Combine remaining 1/4 teaspoon salt with eggs and cumin.
- Heat a medium nonstick skillet coated with cooking spray over medium heat.
- Add egg mixture; cook 2 minutes, stirring gently until set.
- Remove from heat; sprinkle with cheese.
- Warm tortillas according to package directions. Top each tortilla with a lettuce leaf and 1/4 cup corn mixture. Divide egg mixture evenly among tortillas; roll up.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:44.5, Glycemic Load:8.07, Inflammation Score:-9, Nutrition Score:15.482173816017%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 277.24kcal (13.86%), Fat: 10.77g (16.57%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 29.55g (10.75%), Sugar: 4.47g (4.97%), Cholesterol: 190.45mg (63.48%), Sodium: 778.72mg (33.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.99%), Vitamin A: 2238.73IU (44.77%), Selenium: 27.77µg (39.67%), Phosphorus: 261.64mg (26.16%), Vitamin B2: 0.44mg (25.62%), Folate: 95.24µg (23.81%), Vitamin B1: 0.35mg (23.41%), Manganese: 0.4mg (20.21%), Iron: 3.25mg (18.05%), Vitamin C: 13.56mg (16.44%), Calcium: 152.23mg (15.22%), Vitamin B3: 2.97mg (14.84%), Fiber: 2.8g (11.21%), Vitamin B5: 1.08mg (10.76%), Vitamin B6: 0.19mg (9.6%), Magnesium: 34.01mg (8.5%), Zinc: 1.27mg (8.46%), Potassium: 292.73mg (8.36%), Vitamin B12: 0.49µg (8.11%), Vitamin D: 1.03µg (6.87%), Copper: 0.12mg (5.79%), Vitamin K: 5.53µg (5.26%), Vitamin E: 0.75mg (4.97%)