



A Nutrition Resource

BREAKFAST BURRITOS

Yield: 2 Servings | Serving Size: 1 burrito
Cost/Serving: \$0.86

Ingredients:

- 2 eggs
- 2 Tablespoons nonfat or low-fat milk
- 2 (8-inch) whole wheat flour tortillas, warmed
- 2 Tablespoons shredded low-fat cheddar cheese
- 1/4 cup salsa

Directions:

- 1) Beat together the eggs and milk in a small bowl.
- 2) Lightly coat skillet with nonstick cooking spray. pour egg mixture into pan and cook, stirring constantly, over medium to low heat until eggs become firm. Remove from heat (eggs will continue to cook).
- 3) Spoon half of egg mixture down the center of each tortilla. Top each with half of the cheese.
- 4) Fold or roll tortilla and serve with salsa.

Additional options: Black beans, refried beans, avocado, lightly cooked vegetables, etc.

Note: Look for lower sodium salsas (Less than 200 mg sodium per serving, if possible).

Nutrition Facts

2 servings per container
Serving size 1 burrito (141g)

Amount per serving
Calories 210

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 560mg	24%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 1mcg	6%
Calcium 153mg	10%
Iron 2mg	10%
Potassium 139mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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