



# Breakfast Tortilla Wrap



- Vegetable oil spray
- Egg substitute equivalent to 2 eggs or 2 eggs
- 1/8 teaspoon pepper
- 4 six-inch nonfat or low-fat flour tortillas
- 1/4 cup chopped green, red or orange pepper
- 1/2 chopped medium onion (optional)
- 1/4 cup shredded low-fat cheese
- 1/2 cup fresh or frozen spinach

Saute vegetables until soft. Spray a nonstick skillet with vegetable oil. Pour egg substitute into pan and add pepper. Cook, stirring occasionally, for 3 to 4 minutes, or until eggs are cooked through.

To assemble using flour tortillas: Layer egg mixture vertically down the middle of a tortilla. Roll the bottom edge all the way to the top. Serve immediately. Can use salsa or sour cream as a sauce over the tortillas.

<b>Nutrition Facts</b>	
Serving Size (117g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 200</b> <b>Calories from Fat 50</b>	
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	<b>7%</b>
<b>Cholesterol 95mg</b>	<b>32%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 2g	
<b>Protein 9g</b>	
<b>Vitamin A 15%</b> • <b>Vitamin C 25%</b>	
<b>Calcium 15%</b> • <b>Iron 10%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories:    2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	