

Breakfast Burrito

submitted by IldikoDobos



Per serving: 402 Calories • 33.7g Carbs (3.8g Fiber) • 15g Fat • 31.4g Protein

Ingredients

Ingredients scaled to: 1 serving

- 1 tortilla (approx 7-8" dia) **Tortillas** (46 grams)
- 2 large **Egg** (100 grams)
- 3 large **Egg white** (99 grams)
- 1 leaf outer **Lettuce** (17 grams)
- 2 tbsp **Refried beans** (28.9 grams)
- 1 tbsp, shredded **Cheddar cheese** (7 grams)
- 1/4 cup **Salsa** (65 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Lightly coat a medium nonstick skillet with cooking spray and place over medium heat. Place tortilla in the skillet and warm for 30 seconds, then flip and warm the other side for 30 seconds. Place the warmed tortilla on a small plate.
2. Whisk the egg and egg whites together. Pour into warmed skillet and cook, stirring occasionally, until set.
3. While the eggs are cooking, place the lettuce on the tortilla and spread the refried beans over the lettuce leaf. Top the beans with cooked eggs, shredded cheddar cheese, and 2 tablespoons of salsa.
4. Roll it up and serve with remaining salsa. Enjoy!