



BACON AND EGG WRAP

Grab and go breakfast for a busy morning

🕒 5 minutes

🕒 5 minutes

🍴 1 portion

INGREDIENTS

- 50 grams of wrap Wholesome Wheat Toufayan
- 2 large units of egg, whole, raw, fresh [100 g]
- 3 slices [6 oz pkg] of bacon, turkey, unprepared [29 g]
- 1/2 tsp of oil, coconut [2 g]
- 1 outer leaf of lettuce, green leaf, raw [24 g]
- 25 grams of cheese, cheddar

COOKING METHOD

- 1° Cook bacon in a medium nonstick skillet over medium heat until crisp, about 3 minutes; set on paper towels to drain.
- 2° beat the eggs and season to taste. Scramble eggs over medium heat; top with cheese. Cover skillet; cook over low heat until cheese melts.
- 3° Lift eggs with spatula onto the toasted bread slice, add bacon and lettuce and top up with the other slice of toasted bran bread
Or place the ingredient over the wrap [50 gr is 1 un] and roll it over to make a sandwich

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [231 g]	% DRI
ENERGY	175 kcal	404 kcal	20 %
FAT	12 g	27 g	41 %
FATTY ACIDS, TOTAL SATURATED	5 g	12 g	59 %
CHOLESTEROL	184 mg	424 mg	141 %
SODIUM	268 mg	618 mg	26 %
CARBOHYDRATE	6 g	14 g	5 %
SUGARS	1 g	1 g	—
FIBER	1 g	1 g	5 %
PROTEIN	11 g	26 g	—