

**PROTEIN EGGSADILLA**

You can mix up this recipe up by trying different varieties of salsa and cheese. If you want to cut down on fat a bit more, try a low-fat cheese option.

1 portion

INGREDIENTS

- 1 egg, [50 g]
- 2 egg, whites [66 g]
- 1 tortilla whole wheat [41 g]
- 1/4 cup, diced of cheese, cheddar [33 g]
- 1 tbsp of sauce, salsa, ready-to-serve [18 g]

COOKING METHOD

- 1° Combine one egg with 2 egg whites and then scramble in a pan until fully cooked. Remove eggs and place on a whole-wheat tortilla.
- 2° Combine one egg with 2 egg whites and then scramble in a pan until fully cooked. Remove eggs and place on a whole-wheat tortilla.
- 3° Combine egg with egg whites and then scramble in a pan until fully cooked. Remove eggs and place on a whole-wheat tortilla.
- 4° Sprinkle with cheese and salsa and then roll up the tortilla

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [208 g]	% DRI
ENERGY	178 kcal	371 kcal	19 %
FAT	10 g	20 g	31 %
FATTY ACIDS, TOTAL SATURATED	5 g	10 g	49 %
CHOLESTEROL	105 mg	219 mg	73 %
SODIUM	374 mg	777 mg	32 %
CARBOHYDRATE	11 g	22 g	7 %
SUGARS	1 g	3 g	—
FIBER	2 g	4 g	17 %
PROTEIN	12 g	25 g	—