




**BREAKFAST BURRITO** 10 minutes  
 20 minutes  
 1 portion**INGREDIENTS**

- 3 slice of back bacon, fat trimmed
- 1 egg [50 g]
- 1 gram of olive oil spray ,
- 1 wheat tortilla wrap, soft [40 g]
- 1 egg, white [33 g]

**COOKING METHOD**

- 1° Heat a non-stick frying pan over a medium heat and cook the bacon until golden, set aside.
- 2° Meanwhile, whisk the egg and egg white together in a small bowl until combined.
- 3° Spray the frying pan with oil and heat over a medium-low heat. Pour the egg mixture into the pan and cook for 30 seconds, or until starting to set around the edges. Using a wooden spatula, gently move mixture around pan in a folding motion for 1 minute or until set.
- 4° Place the tortilla wrap onto a plate. Top with the scrambled egg and bacon. Season to taste with salt and pepper. Wrap up to enclose and serve.

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION [199 g]	% DRI
ENERGY	187 kcal	372 kcal	19 %
PROTEIN	16 g	32 g	65 %
CARBOHYDRATE	11 g	22 g	9 %
SUGARS	1 g	1 g	1 %
FAT	9 g	17 g	25 %
FATTY ACIDS, TOTAL SATURATED	3 g	6 g	31 %
FIBER	1 g	1 g	6 %
SODIUM	727 mg	1447 mg	60 %