



HAM AND TOMATO EGG ROLLS

 10 minutos 1 porción

INGREDIENTES

- 100g of raw whole chicken eggs [2 medium eggs]
- 30 grams of rocket o 35 grams of raw lettuce
- A half of a medium tomato (70g)
- 2 grams dried oregano
- 30 grams of thinly sliced ham

MÉTODO DE PREPARACIÓN

- 1º Crack an egg into a bowl, beat it up, and add your favorite spices.
- 2º Crack the egg into the pan over medium-high heat and let it cook until the bottom is solid.
- 3º Layer the tomato slices on top, then add the ham and a green leaf
- 4º Cook the egg until it's all solid. [Cover the pan to cook it faster.] Then, grab a spatula and roll it up nice and tight.
- 5º Make rolls with the egg. You can leave them whole or cut them into smaller slices.

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCIÓN [223 g]	% DDR
ENERGÍA	122 kcal	273 kcal	14 %
GRASA	8 g	18 g	28 %
GRASAS SATURADAS	2 g	5 g	27 %
COLESTEROL	191 mg	426 mg	142 %
SODIO	354 mg	790 mg	33 %
H. CARBONO	2 g	5 g	2 %
AZÚCARES	0 g	1 g	—
FIBRA ALIMENTARIA	1 g	2 g	8 %
PROTEÍNA	10 g	23 g	—