

**EGG AND ZUCCHINI WRAP** 15 minutos 2 porciones**INGREDIENTES**

- 80 grams of raw zucchini, served as a side
- 4 medium whole raw chicken eggs (200g)
- 2 tablespoons grated cheese
- 2 whole wheat fajita tortillas (72g)
- 1 tablespoon extra virgin olive oil (9g)

MÉTODO DE PREPARACIÓN

- 1º Wash the zucchini and slice it thinly. Chop some onion. Sauté the vegetables in a pan with a little olive oil and salt for 5 minutes until tender and set aside.
- 2º In the same pan, or a new one, add a little oil, crack the eggs and beat them. Continue stirring for a couple of minutes until set.
- 3º Assemble the wrap by layering half the zucchini on a tortilla, followed by the grated cheese and half of the scrambled eggs. Microwave for 1 minute, or until cheese is melted. Roll up tightly and press to seal.
- 4º Suggestion: Try adding sautéed vegetables such as onion, pepper, carrot, spinach, or tomato for extra flavor. You can also add fresh parsley to the egg, which gives it a great taste.

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCIÓN (184 g)	% DDR
ENERGÍA	193 kcal	356 kcal	18 %
GRASA	12 g	22 g	34 %
GRASAS SATURADAS	4 g	7 g	36 %
COLESTEROL	223 mg	412 mg	137 %
SODIO	118 mg	217 mg	9 %
H. CARBONO	10 g	19 g	6 %
AZÚCARES	2 g	4 g	—
FIBRA ALIMENTARIA	1 g	2 g	8 %
PROTEÍNA	11 g	20 g	—