

**BREAKFAST BURRITO**

🕒 10 minutes

🕒 20 minutes

🍴 1 portion

**INGREDIENTS**

- 80 grams of lean bacon,
- 1 egg [50 g]
- 1 gram of olive oil spray ,
- 1 Piece of mountain Bread [42 g]
- 1 egg, white [33 g]

**COOKING METHOD**

- 1° heat a non-stick frying pan over medium heat and cook bacon until golden, set aside.
- 2° meanwhile, whisk eggs & eggwhites in a small bowl until combined
- 3° meanwhile, whisk eggs & eggwhites in a small bowl until combined
- 4° Spray frying pan with oil and heat over medium-low heat. pour egg mixture into 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.
- 5° Place bread onto plate. Top with scrambled egg and bacon. Sprinkle with coriander if you like and season with salt & pepper. Wrap up to enclose and serve.

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (206 g)	% DRI
ENERGY	146 kcal	300 kcal	15 %
FAT	4 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
CHOLESTEROL	116 mg	240 mg	80 %
SODIUM	545 mg	1122 mg	47 %
CARBOHYDRATE	8 g	16 g	5 %
SUGARS	3 g	5 g	—
FIBER	0 g	0 g	0 %
PROTEIN	17 g	35 g	—