

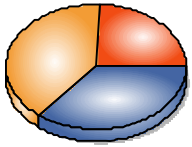


## Egg-Tortilla Quick Foldover

By: Created by DrJez LLC

Recipe grams: 264.75g/9.3oz

Serves 1 264.75g/9.3oz per serving



Protein: 29%  
Carbohydrates: 45%  
Fat: 25%

### INGREDIENTS

1/4 cup EGG SUBSTITUTE, LIQUID  
2 wedges TOMATO, RED, RIPE, RAW  
1 slice TURKEY BREAST LUNCHMEAT, OVEN ROASTED  
4 leafs SPINACH, RAW  
1 slice ONION, RAW  
1/2 tbs VEGETABLE OIL SPREAD, ESSENTIALS OMEGA-3  
1 tortilla TORTILLA, FLOUR, NONFAT

### DIRECTIONS

Spray the bottom of a microwavable cereal or salad bowl with cooking spray. Pour egg substitute in an even pool and microwave on high for about 1 minute or until egg begins to puff.

Sprinkle with cumin or any no-salt seasoning such as cilantro or chili powder.

Coat the tortilla with the spread and place the egg on top. Layer the vegetables and fold over.

### Nutrition Facts

Serving Size: 1 serving (264.8g)  
Servings: 1

#### Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value\*

**Total Fat** 7g **10%**

Saturated Fat 1g **4%**

Trans Fat 0g

**Cholesterol** 10mg **4%**

**Sodium** 740mg **30%**

**Total Carbohydrate** 30g **10%**

Dietary Fiber 10g **40%**

Sugars 4g

**Protein** 19g

Vitamin A 90%

• Vitamin C 35%

Calcium 10%

• Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.