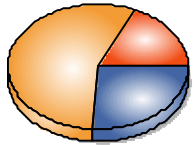




Vegetable and Egg White Wrap with Cheese and Salsa

Recipe grams: 417.42g/14.7oz

Serves 2 208.71g/7.4oz per serving



Protein: 29%
Carbohydrates: 55%
Fat: 16%

INGREDIENTS

3 large EGG WHITE, CHICKEN, RAW
 1/4 cup GREEN PEPPER, SWEET, RAW (BELL)
 1/4 cup BROCCOLI, RAW
 1/4 cup CHICKPEAS, RAW (GARBANZO)
 2 tbsp CHEDDAR CHEESE, SHARP, FINELY SHREDDED, REDUCED FAT
 1 clove GARLIC, RAW
 1/4 cup PICANTE SAUCE
 1/4 cup SCRAMBLERS, EGG SUBSTITUTE
 1 tsp MARGARINE-LIKE SPREAD, OMEGA PLUS
 2 servings FLOUR TORTILLA, NONFAT

DIRECTIONS

Heat margarine over low heat. Lightly heat garlic for 30 seconds and add remaining vegetables and allow to steam for 30 seconds. Add egg whites and substitute and allow to set over vegetables. Gently cook until egg is set.

Serve 1/2 of mixture on tortilla. Top with 1/2 of salsa and 1/2 of cheese.

Nutrition Facts

Serving Size: 1 serving (208.7g)
Servings: 1

Amount Per Serving

Calories 240 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 1.5g **6%**

Trans Fat 0g

Cholesterol less than 5mg **2%**

Sodium 610mg **25%**

Total Carbohydrate 34g **10%**

Dietary Fiber 11g **45%**

Sugars 6g

Protein 18g

Vitamin A 15%

• Vitamin C 45%

Calcium 15%

• Iron 15%

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