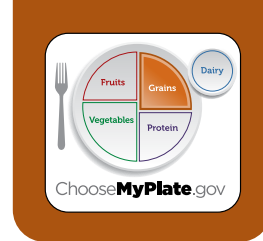


# Bountiful Backpack

## Breakfast Burritos

Serves: 6

Serving Size: 1 burrito



### Ingredients:

- ¾ cup dry egg mix
- ¾ cup water
- ¼ cup low-fat milk
- 6 – 6-inch whole wheat tortillas
- 6 tablespoons shredded low-fat cheddar cheese
- ¾ cup salsa

### Directions:

1. In a large mixing bowl, beat together egg mix, water, and milk.
2. Lightly coat frying pan with nonstick cooking spray. Pour egg mixture into pan and cook, stirring constantly, over medium heat until eggs become firm. Remove from heat (eggs will continue to cook).
3. Spoon egg mixture down the center of each tortilla. Top each tortilla with 1 tablespoon of the cheese.
4. Fold or roll tortilla and serve with salsa.

Recipe Information taken from Iowa State University Extension Spend Smart. Eat Smart. Program



### Nutrition Facts

6 servings per container

**Serving size** 1 burrito (135g)

**Amount Per Serving**

**Calories** 230

**% Daily Value\***

**Total Fat** 8g 10%

Saturated Fat 1.5g 8%

*Trans Fat* 0g

**Cholesterol** 185mg 62%

**Sodium** 390mg 17%

**Total Carbohydrate** 25g 9%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 11g 22%

Vitamin D 0mcg 0%

Calcium 78mg 6%

Iron 1.8mg 10%

Potassium 0mg 0%

Vitamin A 2%

Vitamin C 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.