



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Breakfast Burritos



Serves: 6
Serving Size: 1 burrito

Ingredients:

- Nonstick cooking spray
- $\frac{3}{4}$ cup dry egg mix or 3 large eggs
- $\frac{3}{4}$ cup water, if using dry egg mix
- $\frac{1}{4}$ cup low-fat milk
- 6 whole-wheat tortillas (6-inch)
- 6 Tablespoons shredded low-fat cheddar cheese
- $\frac{3}{4}$ cup salsa

Directions:

1. Wash hands.
2. In a large mixing bowl, beat together egg mix, water and milk.
3. 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).
4. Add eggs down the center of each tortilla. Top each tortilla with 1 Tablespoon of the cheese.
5. 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 recipe

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.

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