



## **Bold Breakfast Burritos with Salsa**

Servings: 4

4 eggs

¼ cup skim or low-fat milk

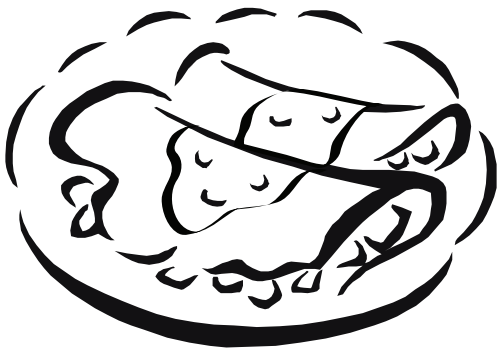
Nonstick cooking spray

½ cup cheese, shredded

½ cup salsa

4 whole-wheat or flour tortillas, warmed

1. Wash hands and surfaces.
2. Beat milk and eggs together.
3. Coat frying pan with cooking spray.  
Pour egg mixture into pan and cook over medium heat until eggs become firm.
4. Put ¼ egg mixture in the center of each tortilla. Top with cheese and salsa.  
Fold and roll tortilla and serve.
5. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size 1 burrito (157g)**

Amount per serving

**Calories 270**

% Daily Value\*

**Total Fat** 13g 17%

Saturated Fat 5g 25%

Trans Fat 0g

**Cholesterol** 200mg 67%

**Sodium** 720mg 31%

**Total Carbohydrate** 26g 9%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 15g

Vitamin D 1mcg 6%

Calcium 169mg 15%

Iron 1mg 6%

Potassium 193mg 4%

\*The % Daily Value 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.

## Helpful Tips

- Add black, kidney or other beans and vegetables.
- Power up with this burrito for breakfast.
- This burrito has less calories and about half the fat of a fast-food burrito.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)