

Scrambled Egg and Spinach Wrap

🕒 15 min 🍽️ 2 servings

Per serving: 171 Kcal 7g Protein 11g Fat 12g Carbs

Ingredients

- Eggs, 2 large (100 g)
- Olive oil, 2 teaspoons (8 g)
- Spinach leaves, 1 cup (30 g)
- Salt and pepper, 1 tsp (2 g)
- Tortillas, 1 piece (43 g)



Instructions

1. In a bowl, whisk the eggs until well beaten. Set aside.
2. Heat olive oil in a non-stick skillet over low-medium heat.
3. Add spinach leaves to the skillet and sauté until wilted, about 2 minutes.
4. Pour the beaten eggs into the skillet with the spinach.
5. Gently stir and scramble the eggs until cooked to your desired consistency.
6. Season with salt and pepper to taste.
7. Warm the wraps in a separate skillet or microwave it.
8. Pour the mixture on top of the wrap.
- 9- Roll up the wrap tightly, close one side, and leave the other side opened
10. Serve immediately or wrap it and eat it on-the-go

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	341.6	186.7	170.8
Protein [g]	14.8	8.1	7.4
Fat [g]	21	11.5	10.5
Carbs [g]	24.7	13.5	12.4
Fiber [g]	7.4	4	3.7
Net Carbs [g]	17.3	9.5	8.7



17 % Protein 55 % Fat 28 % Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	86.3	47.2	43.2
Iron, Fe [mg]	2.6	1.4	1.3
Magnesium, Mg [mg]	35.7	19.5	17.9
Phosphorus, P [mg]	212.7	116.2	106.4
Potassium, K [mg]	305.6	167	152.8
Sodium, Na [mg]	1196.3	653.7	598.2
Zinc, Zn [mg]	1.5	0.8	0.8
Vitamin A, RAE [ug]	160	87.4	80
Vitamin E [mg]	2.8	1.5	1.4
Vitamin D [ug]	2	1.1	1
Vitamin C [mg]	8.4	4.6	4.2
Thiamin [mg]	0.1	0.1	0.1
Riboflavin [mg]	0.5	0.3	0.3
Niacin [mg]	0.3	0.2	0.2
Vitamin B6 [mg]	0.2	0.1	0.1
Vitamin B12 [ug]	0.9	0.5	0.5
Vitamin K [ug]	150	82	75