

Quick Breakfast Taco

Recipe by EatingWell.com

Makes: 1 serving

Active Time: 15 minutes

Total Time: 15 minutes



A smaller cousin of the breakfast burrito, the breakfast taco made with reduced-fat Cheddar and egg substitute is a satisfying and healthy breakfast option.

Ingredients

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded reduced-fat Cheddar cheese
- 1/2 cup liquid egg substitute, such as Egg Beaters

Preparation

1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.
2. Meanwhile coat a small nonstick skillet with cooking spray. Heat over medium heat; add egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

Nutrition Facts

Servings Per Recipe 1

Amount Per Serving

Calories 229

% Daily values *

Total Fat	3g	5%
Saturated Fat	1g	5%
Trans Fat	0g	
Monounsaturated Fat	0g	
Cholesterol	3mg	1%
Potassium	207mg	6%
Sodium	464mg	19%
Total Carbohydrate	31g	10%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	17g	34%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300mg
Sodium	Less Than		2400mg	2400mg
Total Carbohydrate	Equals		300g	375g
Dietary Fiber	Equals		25g	30g