

Cheesy Egg Breakfast Wrap

Nutrition Facts	
Servings Per Container	
Serving size	(227g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 580mg	25%
Total Carbohydrate 37g	13%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 1mcg	6%
Calcium 257mg	20%
Iron 3mg	15%
Potassium 183mg	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.	

INGREDIENTS (Yield: 53 servings)

SERVING		
1 #10 Can	2 oz	Muy Fresco Reduced Sodium Cheddar Cheese Sauce
6 lb 10 oz	2 oz	Red Peppers Diced
53 each	1 each	Whole Eggs, Large
53 each	1 each	Whole Grain Low Sodium Tortilla Wraps (2 oz)

DIRECTIONS

- Beat eggs until mixed well
- Cook eggs and stir occasionally as eggs begin to set
- Cook until slightly undercooked, fold in peppers

To assemble wraps:

- Place tortillas on flat surface, place 4 oz egg mixture (#8 scoop) in center of tortilla
- Top with 2 oz cheese sauce (#16 scoop)
- Roll and place on sheet tray
- Bake 10 minutes at 350° F
- Hold appropriately until serving

CONTRIBUTES

1/4 Cup	Red/Orange Vegetable Serving
2 oz	Meat/Meat Alternate Serving

