



4-Ingredient Skillet Breakfast Wrap



Entire recipe: 187 calories, 6g total fat (3g sat. fat), 630mg sodium, 17g carbs, 10g fiber, 0.5g sugars, 22.5g protein

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Prep: 5 minutes **Cook:** 5 minutes



Ingredients

1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1 low-carb flour tortilla with 70 calories or less (like [the kind by La Tortilla Factory](#))
2 tbsp. shredded reduced-fat cheddar cheese
1 tsp. precooked real crumbled bacon

Seasonings:

1/8 tsp. garlic powder
1/8 tsp. onion powder

Directions

Bring a 10-inch skillet sprayed with nonstick spray to medium heat. Add egg whites/substitute and seasonings. Cover and cook without stirring for 3 minutes, or until cooked through.

Uncover skillet, and place tortilla over the egg layer. Gently flip with a spatula so the tortilla is on the bottom and egg layer is on top.

Top with cheese and bacon. Fold each side of the tortilla over the center, and gently flip so the wrap is seam-side down. Gently press down with a spatula to seal the wrap, about 1 minute.

MAKES 1 SERVING

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