



Easy Breakfast Taco Wraps

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 1

Nutrition Information Per Serving

526.5 calories, 22.52 g carbohydrate, 3.35 g fiber, 19.17 g NET carbs, 27.67 g protein, 37.89 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 tortilla Siete Foods Cassava& Coconut Tortillas
- 2 Tbsp(s) chopped organic onion
- 1 medium organic tomato, diced
- 1 Tbsp organic salted butter
- 3 large(s) pastured eggs
- 1 Tbsp fresh lime juice
- 2 leaf(s) organic butterhead lettuce
- 1 ounce organic cheddar cheese, grated
- 1 Tbsp fresh chopped cilantro
- 1/2 tsp(s) freshly ground black pepper

Preparation

1. Combine the tomato, onion, cilantro, and lime juice in a bowl, stir and set aside.
2. Melt the butter in a safe nonstick skillet over medium heat and add the eggs.
3. Scramble until cooked through, and season with salt and pepper.
4. To serve, spoon the eggs in the Siete wrap and lettuce leaves and top with the salsa and cheese.

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