



Cereal Bowl Egg & Cheese Breakfast Burrito

Prep Time: 2 minutes | **Cook Time:** 45 to 60 seconds | **Makes:** 1 serving



What You Need

- 1 flour tortilla (6-inch)**
- 1 EGG**
- 1 Tbsp. shredded Mexican cheese blend**
- 1 Tbsp. salsa**

Here's How

1. **LINE** 2-cup microwave-safe cereal bowl with microwave-safe paper towel. **PRESS** tortilla into bowl. **BREAK** egg into center of tortilla. **BEAT** egg gently with a fork until blended, being careful not to tear tortilla.
2. **MICROWAVE** on **HIGH** 30 seconds; stir. **MICROWAVE** until egg is almost set, 15 to 30 seconds longer.
3. **REMOVE** tortilla with paper towel liner from bowl to flat surface. **TOP** egg with cheese and salsa. **FOLD** bottom of tortilla over egg, then fold in sides.

Insider Info

- **Microwave ovens vary.** Cooking times may need to be adjusted.

Nutrition Info

calories: 197	dietary fiber: 1g
total fat: 10g	protein: 11g
saturated fat: 4g	vitamin A: 365.2IU
polyunsaturated fat: 1g	vitamin D: 17.5IU
monounsaturated fat: g	folate: 55.3mcg
cholesterol: 218mg	calcium: 119.5mg
sodium: 407mg	iron: 2.0mg
carbohydrates: 17g	choline: 129.8mg

Excellent Source: *protein*

Good Source: *folate*