



Bacon Cheddar Spinach Roll-up

SERVINGS: 1

PREPPING TIME: 5-10 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- 1 large egg
- 1 tsp of water
- 2 Tbsp of shredded cheddar cheese
- 1 slice of cooked bacon
- 1 carb balanced tortilla
- Handful of baby spinach

DIRECTIONS

- Spray a 6-inch skillet with cooking spray
- In a small bowl, beat egg and water until combined. Heat over medium-low heat and pour egg mixture into skillet. Continue to cook until egg is no longer liquid. Top with cheese and bacon
- Loosen around the edge with a spatula. Place tortilla on top of egg and flip onto a plate. Place spinach leaves in the middle and roll up. Serve immediately

NUTRITIONAL INFORMATION

Servings: 1, Calories per serving: 221, Total fat 12g, Total Carbohydrates 14g, Dietary Fiber 11g, Protein 14g