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Recipe provided by Eatingwell.com (1)



A smaller cousin of the breakfast burrito, the breakfast taco made with reduced-fat Cheddar and egg substitute is a satisfying and healthy breakfast option.

Makes 1 serving

ACTIVE TIME: 15 minutes

TOTAL TIME: 15 minutes

EASE OF PREPARATION:
Easy

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded reduced-fat Cheddar cheese
- 1/2 cup liquid egg substitute, such as Egg Beaters

NUTRITION PROFILE:
 | [Low-Calorie](#) (2) | [Low-Carb](#) (3) | [High Fiber](#) (4) | [Low Sat Fat](#) (5) | [Low-Cholesterol](#) (6) | [Heart Healthy](#) (7) | [Diabetes Appropriate](#) (8) | [Healthy Weight](#) (9) |

1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.
2. Meanwhile coat a small nonstick skillet with cooking spray. Heat over medium heat, add egg substitute and cook,



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stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

NUTRITION INFORMATION
Per serving: 153 calories; 2g fat (1g sat, g mono); 3mg cholesterol; 15g carbohydrates; 17g protein; 453mg sodium; 207mg potassium.
Nutrition bonus:
1 Carbohydrate Serving(s)
Exchanges: 1 starch, 2 very lean meat

DISCLAIMERS
Scaling Disclaimer: EatingWell recipes are tested extensively in the EatingWell Test Kitchen. EatingWell cannot guarantee a recipe that has been scaled to make a different number of servings from the original. Also note that scaling only applies to the ingredient measurements: no adjustment is made to the recipe instructions, so pan sizes and cooking times and ingredient amounts referred to in the text of the recipe only apply to the original number of servings.

Gluten-Free Disclaimer: We have verified that these recipes do not include the following gluten-containing ingredients: wheat (all varieties, including spelt and kamut, wheat germ or bran and other forms of wheat protein), rye, barley (in all forms, including malt, malt flavoring, malt vinegar and malt extract), oats, triticale or beer/ale. However, many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged (e.g., canned) ingredient, we recommend that you carefully read the label to be sure it does not contain a hidden source of gluten.

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