

Egg & Arugula Wrap

7 ingredients · 10 minutes · 2 servings



Directions

1. Heat the oil in a large pan over medium-high heat. Add the egg and egg whites into the pan. Cook for 15 seconds, then shake the pan gently to break the yolk. Rotate the pan to spread and cook the eggs evenly. Season with salt and fold into an omelette.
2. Spread the avocado onto the tortilla and top with the arugula and omelette. Roll up the wrap and enjoy!

Notes

Leftovers

This recipe is best enjoyed immediately. Refrigerate in an airtight container for up to one day.

More Flavor

Add sauerkraut, pickled red onion, kimchi, and/or mayonnaise.

Additional Toppings

Add tomatoes, snap peas, fresh dill, cucumber, bell pepper, and/or grated carrot.

Ingredients

- 1 **tblsp** Avocado Oil
- 2 Egg
- 2/3 **cup** Egg Whites
- 1/2 **tsp** Sea Salt (to taste)
- 1 Avocado (mashed)
- 2 Brown Rice Tortilla
- 2 **cups** Arugula

Nutrition

Amount per serving

Calories	491	Calcium	78mg
Fat	29g	Iron	3mg
Saturated	5g	Vitamin D	41IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	4g	Thiamine	0.1mg
Monounsaturated	17g	Riboflavin	0.7mg
Carbs	37g	Niacin	2mg
Fiber	10g	Vitamin B6	0.4mg
Sugar	5g	Folate	128µg
Protein	21g	Vitamin B12	0.5µg
Cholesterol	186mg	Phosphorous	174mg
Sodium	978mg	Magnesium	53mg
Potassium	762mg	Zinc	1mg
Vitamin A	891IU	Selenium	32µg

Vitamin C 13mg