

# Egg & Arugula Wrap

7 ingredients · 10 minutes · 1 serving



## 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 1/2 **tsps** Avocado Oil
- 1 Egg
- 1/3 **cup** Egg Whites
- 1/4 **tsp** Sea Salt (to taste)
- 1/2 Avocado (mashed)
- 1 Brown Rice Tortilla
- 1 **cup** Arugula

## Nutrition

Amount per serving

<b>Calories</b>	491	Vitamin D	41IU
<b>Fat</b>	29g	Vitamin E	3mg
<b>Carbs</b>	37g	Vitamin K	43µg
Fiber	10g	Thiamine	0.1mg
Sugar	5g	Riboflavin	0.7mg
<b>Protein</b>	21g	Niacin	2mg
Cholesterol	186mg	Vitamin B6	0.4mg
Sodium	978mg	Folate	128µg
Potassium	762mg	Vitamin B12	0.5µg
Vitamin A	891IU	Phosphorous	174mg
Vitamin C	13mg	Magnesium	53mg
Calcium	78mg	Zinc	1mg
Iron	3mg	Selenium	32µg