



# Mexican Egg Scramble

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

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## Method

1. Whisk together egg and egg whites.
2. Grease a skillet with cooking spray and heat over medium heat. Add eggs, beans, and cheese. Stir frequently until eggs are cooked.
3. Top with pico de gallo.

## INGREDIENTS

1 egg	1 tablespoon cheddar cheese shredded
2 Egg Whites	2 tablespoons pico de gallo
1/4 cup black beans drained and rinsed	1 cooking spray

## NUTRITION INFORMATION PER SERVING

Calories 206kcal	Sodium 405mg
Carbs 14g	Fiber 3.74g
Protein 19g	Added Sugar 0g
Total Fat 8.1g	Fruits 0 servings
Saturated Fat 3.21g	Vegetables 0.25 servings

