

Egg and Bacon Breakfast Wraps

Makes 4 Servings



8 slices bacon

1 package frozen hash brown potatoes

8 large eggs

1/3 cup milk

2 tablespoons unsalted butter

salt and pepper to taste

4 large flour tortillas

1/2 cup shredded Cheddar cheese

1 avocado mashed

1. In a large skillet over medium heat, working in batches if needed, cook bacon, turning occasionally, until crispy, about 8 minutes. Drain on a paper towel-lined plate.
2. Cook the hash brown potatoes according to package directions. Once cooked transfer to a plate.
3. In a medium bowl, whisk together eggs and milk. Heat a skillet over medium heat, add unsalted butter and melt. Reduce the heat to medium-low and add the beaten eggs. Using a rubber spatula, cook, stirring occasionally, until soft curds form; season with salt and pepper.
4. In the center of each tortilla, layer hash brown potatoes, scrambled eggs, shredded cheddar cheese, 2 slices of bacon, and mashed avocado. Fold in the 2 sides and tightly roll up. Cut in half is you desire.
5. Serve

Nutrition Facts

Amount per Serving

Calories 486

Calories from Fat 259

% Daily Value*

Total Fat 31g

47%

Saturated Fat 9g

45%

Cholesterol 472mg

157%

Sodium 727mg

30%

Total Carbohydrate 26g

8%

Dietary Fiber 1g

4%

Sugars 1g

Protein 24g

Vitamin A 20%

Vitamin C 2%

Calcium 23%

Iron 12%

Percent Daily Values are based on a 2,000 calorie diet.