

Baja Wrap

1.75 oz.'s Eggs USDA

1 oz.'s cheddar cheese shredded

1 oz.'s onions

1 oz.'s red and yellow bell pepper

Serving size: Entire recipe
(10.5 oz.'s).

1 oz. salsa

1 oz. guacamole

1 tortilla

2 oz.'s hash browns

Amount Per Serving	
Calories	655.03
Calories From Fat (47%)	304.7
	% Daily Value
Total Fat 34.46g	53%
Saturated Fat 12.68g	63%
Cholesterol 513.49mg	171%
Sodium 1049.02mg	44%
Potassium 796.54mg	23%
Total Carbohydrates 55.83g	19%
Fiber 3.86g	15%
Sugar 5.84g	
Protein 31.39g	63%