



Mushroom and Egg Wrap

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 3 minutes

Cooking Time: 2 minutes

Serves: 1

Average cost per serving: \$1.25

- 1/4 cup potato, pepper and onion blend, diced, frozen
- Pinch of kosher salt
- 1/2 cup white button mushrooms, sliced
- 1 egg, beaten
- 2 tablespoons (1/2 ounce) reduced fat cheddar cheese, shredded
- 1/2 teaspoon black pepper, freshly ground (to taste)
- 1 8-inch flour tortilla
- 2 tablespoons prepared salsa

Place potato, pepper, and onion blend in a 2-cup microwavable measuring cup, loosely cover and microwave on high for 1 minute, stirring once and adding a pinch of salt at the 30 second mark.

Add mushrooms and microwave on high for another minute, stirring at the 30 second mark. Drain off excess liquid before stirring in the egg, then cover and microwave on high for 30 seconds. Remove from microwave and stir in cheese and pepper.

Spoon mixture into a warmed wrap and add the salsa on top. Fold the bottom of the wrap up over the eggs, and then roll the remaining sides around.

Wrap in waxed paper and refrigerate until ready to eat. When ready to serve, place wrap in microwave on high for 45-60 seconds, just until heated through. Grab it and go!

Individually, these wraps will hold in the refrigerator up to 3 days.



Nutrition Facts	
Serving Size (215g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 225mg	75%
Sodium 750mg	31%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 15g	
Vitamin A 15%	• Vitamin C 20%
Calcium 30%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Each serving provides: 300 calories, 11g fat (17% Daily Value), 4g saturated fat (20% Daily Value), 225mg cholesterol (75% Daily Value), 750mg sodium (31% Daily Value), 3g dietary fiber (12% Daily Value), 15g protein, 15% Daily Value for vitamin A, 20% Daily Value for iron, 20% Daily Value for vitamin C, 30% Daily Value for calcium, 7% Daily Value for vitamin D, 10% Daily Value for potassium, 19% Daily Value for selenium