

Recipe Analyzer Results

A single serving of this recipe has 230 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 1

Amount per serving

Calories 230

% Daily Value*

Total Fat 8.8g 11%

Saturated Fat 2.6g 13%

Cholesterol 170mg 57%

Sodium 233mg 10%

Total Carbohydrate 27.4g 10%

Dietary Fiber 5.8g 21%

Total Sugars 2.9g

Protein 11.7g

Vitamin D 18mcg 92%

Calcium 107mg 8%

Iron 2mg 14%

Ingredients:

- 1 egg or 2 egg whites
- 30 ml (2 tbsp) diced red bell pepper
- 30 ml (2 tbsp) grated zucchini or carrot
- 1 pinch fresh ground black pepper
- 1 small whole grain flour tortilla
- 15 ml (1 tbsp) grated light old Cheddar or Swiss cheese

Potassium 110mg

2%

Nutrition Facts

Servings: 1

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**