

Bacon & Egg Lettuce Wraps

3 ingredients · 20 minutes · 2 servings



Directions

1. Cook the bacon in a large pan over medium heat for three to five minutes or until desired doneness. Reserve some of the fat in the pan and set the bacon aside on a paper towel-lined plate.
2. Add the eggs to the pan and scramble for two to three minutes or until cooked through.
3. Chop the bacon into bits. Divide the eggs and bacon evenly between the lettuce leaves. Enjoy!

Notes

Leftovers

Best enjoyed fresh. To meal prep, hard-boil the eggs and pre-cook the bacon. Keep ingredients separate until ready to enjoy.

Serving Size

One serving is approximately two wraps.

Additional Toppings

Red peppers, hot sauce, cilantro, salsa, cheese, guacamole, and/or sour cream.

Ingredients

4 slices Bacon

4 Egg (whisked)

1/4 head Iceberg Lettuce (medium, leaves pulled apart)

Nutrition

Amount per serving

Calories	373	Cholesterol	409mg
Fat	30g	Sodium	569mg
Carbs	3g	Vitamin A	899IU
Fiber	1g	Vitamin C	2mg
Sugar	2g	Calcium	71mg
Protein	21g	Iron	2mg