



# Breakfast Taco

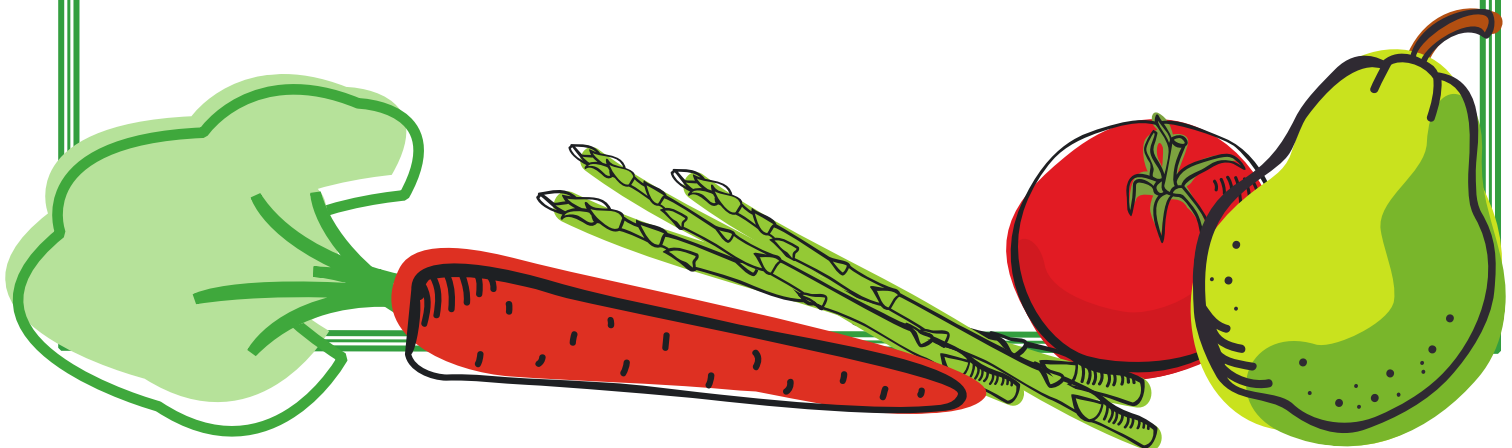
**Servings:** 1  
**Serving Size:** 1 tortilla

**Ingredients:**  
 2 Tablespoons grated low-fat Monterey Jack cheese  
 1 corn tortilla  
 2 tablespoons salsa

**Directions:**

1. Sprinkle the Monterey Jack cheese over a corn tortilla.
2. Fold tortilla in half and microwave for twenty seconds.
3. Top with salsa.

Nutrition Facts	
Serving Size 1 tortilla	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 190	<b>Calories from Fat</b> 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 8g	
Vitamin A 4%	• Vitamin C 0%
Calcium 20%	• Iron 2%
*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	



For more recipes: [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at <https://mydhrbenefits.dhr.state.md.us/>.

