

Keto-Friendly & High-Protein: My Go-To 3-Ingredient Egg Wrap Recipe

The 3-Ingredient Egg Wrap That's Taking Over Busy Mornings



TIME
10 min

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INGREDIENTS

Swaps and Notes:

Meat Swaps: If you want a vegetarian option, swap the deli meat for spinach, sliced mushrooms, or roasted bell peppers. If you love spice, a few dashes of hot sauce or sliced jalapeños before folding is incredible.

Cheese Swaps: Any cheese that melts well is great. Try a sprinkle of mozzarella or a sharper pepper jack for a kick.

Flavor Boosts: A dash of garlic powder, a few finely chopped chives, or even a teaspoon of pesto mixed into the whisked eggs can elevate the flavor tremendously.

DIRECTIONS

1. Follow these simple steps for a flawless egg wrap every time.
2. **Step 1: Prep the Eggs:** Crack the 2 eggs into a small bowl. Whisk them vigorously until the yolks and whites are fully combined and the mixture is slightly frothy. Season lightly with salt and pepper.
3. **Step 2: Cook the Egg "Crêpe":** Heat a nonstick skillet over medium heat. A nonstick pan is crucial here for easy release. Once warm, pour the whisked eggs into the pan, immediately swirling the pan so the eggs spread out into a thin, even layer, much like a French crêpe.
4. **Step 3: Add the Fillings:** Once the edges are set and the top is mostly cooked (the surface should still look slightly wet but not runny), lay the 1 slice of cheese and the 2 slices of deli meat onto one half of the egg layer.
5. **Step 4: Melt and Fold:** Allow the wrap to cook for another 1-2 minutes. You want the cheese to melt slightly and the bottom of the egg to become fully set and golden.
6. Using a spatula, fold the unfilled side of the egg layer over the filling, creating a taco or burrito shape.
7. **Step 5: Serve and Enjoy:** Remove the wrap from the pan immediately and slide it onto a plate. Serve warm!

SWAPS & NOTES

for a fantastic start to the day: ? Ultra-Fast:

Seriously, we're talking 10 minutes, maybe less if your pan is already hot. ? High-Protein & Low-Carb: It's perfect for anyone following a keto, low-carb, or high-protein diet.

It gives you sustained energy without the mid-morning carb crash.

Minimal Ingredients: Three core ingredients-eggs, cheese, and

deli meat-means less shopping, less prep, and less cleanup.

The Perfect Vehicle: The cooked egg acts as the tortilla, creating a tender, flavorful, and sturdy wrap for your fillings.

TIPS FOR SUCCESS

The Right Pan is Key: Use an 8-inch or 10-inch nonstick skillet.

If your pan is too large, the egg layer will be too thin and tear easily.

Low and Slow: Keep the heat at medium.

If it's too high, the egg will brown and crisp before the inside sets, making it less pliable for folding.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/keto-friendly-high-protein-my-go-to-3-ingredient-egg-wrap-recipe/>