



Bacon and Egg Enchiladas

READY IN



40 min.

SERVINGS



10

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices bacon
- ☐ 10 eggs
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 10 oz enchilada sauce green red canned
- ☐ 10 8-inch flour tortilla (es in diameter)
- ☐ 8 ounces cheddar cheese shredded
- ☐ 1 serving cream sour

- ☐ 1 serving cheddar cheese

Equipment

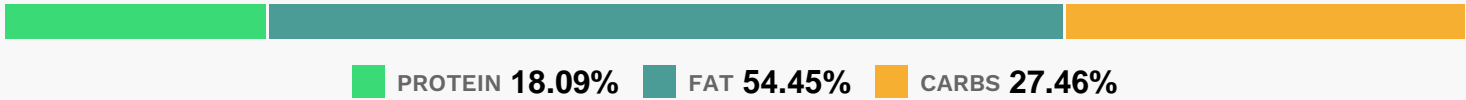
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Heat oven to 350°. Spray rectangular baking dish, 13x9x2 inches, with
- ☐ cooking spray. Cook bacon in 10-inch skillet over medium heat, turning
- ☐ occasionally, until very crisp.
- ☐ Remove bacon from skillet, reserving 1 tablespoon
- ☐ drippings in skillet.
- ☐ Drain bacon on paper towels; crumble bacon and set aside.
- ☐ Beat eggs, milk, onion powder and cumin in medium bowl with wire whisk
- ☐ until well blended.
- ☐ Pour into skillet with bacon drippings. As mixture begins to set
- ☐ at bottom and side, gently lift cooked portions with metal spatula so that thin,
- ☐ uncooked portion can flow to bottom. Avoid constant stirring. Cook 5 to 7 minutes
- ☐ or until eggs are thickened throughout but still moist. Do not overcook.
- ☐ Pour 1/2 can of the enchilada sauce over bottom of baking dish. Fill each
- ☐ tortilla with about 1/3 cup eggs, 1 tablespoon bacon and 2 tablespoons cheese; roll
- ☐ up.
- ☐ Place seam side down on enchilada sauce in dish.
- ☐ Pour remaining 1 1/2 cans

- ☐ enchilada sauce over filled tortillas. Top with remaining cheese and bacon.
- ☐ Bake uncovered about 20 minutes or until thoroughly heated and bubbly.
- ☐ Serve with sour cream and taco sauce.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:8.18, Inflammation Score:-5, Nutrition Score:14.394782677941%

Nutrients (% of daily need)

Calories: 432.37kcal (21.62%), Fat: 25.88g (39.81%), Saturated Fat: 10.6g (66.24%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 27.06g (9.84%), Sugar: 4.86g (5.4%), Cholesterol: 204.92mg (68.31%), Sodium: 1001.92mg (43.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.68%), Selenium: 33.9µg (48.43%), Phosphorus: 344.03mg (34.4%), Vitamin B2: 0.46mg (26.94%), Calcium: 268.07mg (26.81%), Vitamin B1: 0.36mg (24.03%), Folate: 71.73µg (17.93%), Iron: 3.11mg (17.25%), Vitamin B3: 3.39mg (16.97%), Vitamin B12: 0.87µg (14.54%), Manganese: 0.28mg (13.87%), Zinc: 1.9mg (12.65%), Vitamin A: 615.09IU (12.3%), Vitamin B5: 1.01mg (10.12%), Vitamin B6: 0.2mg (9.9%), Fiber: 2.29g (9.17%), Vitamin D: 1.23µg (8.22%), Magnesium: 27.43mg (6.86%), Potassium: 218.68mg (6.25%), Copper: 0.1mg (5.16%), Vitamin E: 0.65mg (4.31%), Vitamin K: 4.44µg (4.23%)