



BLT Egg Salad Wraps

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



544 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices oscar mayer butcher hickory bacon smoked thick cut cooked
- 4 8-inch flour tortillas ()
- 0.1 tsp ground pepper red (cayenne)
- 8 hard-cooked eggs coarsely chopped
- 4 lettuce leaves
- 0.3 cup real mayo mayonnaise kraft
- 1 Tbsp heinz mustard yellow
- 0.5 cup onions red chopped

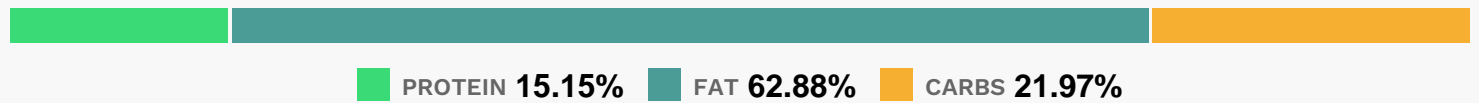
Equipment

bowl

Directions

- Mix mayo, mustard and red pepper in medium bowl until blended. Stir in eggs and onions.
- Top tortillas with lettuce, egg salad and bacon. Fold in both sides of each tortilla, then roll up, starting at bottom.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:8.44, Inflammation Score:-9, Nutrition Score:20.759999772777%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 543.8kcal (27.19%), Fat: 37.54g (57.75%), Saturated Fat: 9.89g (61.78%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 26.98g (9.81%), Sugar: 4.27g (4.74%), Cholesterol: 395.36mg (131.79%), Sodium: 812.32mg (35.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.69%), Selenium: 48.55µg (69.35%), Vitamin A: 2343.7IU (46.87%), Vitamin B2: 0.71mg (41.8%), Phosphorus: 329.63mg (32.96%), Vitamin K: 34.58µg (32.93%), Vitamin B1: 0.43mg (28.37%), Folate: 106.12µg (26.53%), Vitamin B12: 1.24µg (20.71%), Manganese: 0.4mg (19.81%), Iron: 3.49mg (19.4%), Vitamin B3: 3.35mg (16.74%), Vitamin B5: 1.67mg (16.72%), Vitamin D: 2.33µg (15.5%), Calcium: 142.74mg (14.27%), Vitamin B6: 0.26mg (13.15%), Vitamin E: 1.84mg (12.29%), Zinc: 1.72mg (11.44%), Fiber: 2.54g (10.17%), Potassium: 319.56mg (9.13%), Magnesium: 31.05mg (7.76%), Vitamin C: 5.86mg (7.1%), Copper: 0.09mg (4.48%)