

Chinese Dan-Bin



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



1

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 1 slice bacon
- ☐ 0.3 cup corn kernels sweet
- ☐ 1 6-inch corn tortilla ()
- ☐ 1 eggs beaten
- ☐ 1 tablespoon smooth salsa

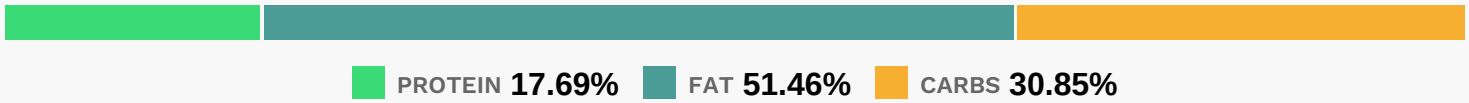
Equipment

- ☐ frying pan

Directions

- ☐ Fry the slice of bacon in a skillet over medium-high heat. Set aside. Reduce the heat to medium.
- ☐ Pour the egg into the skillet, and sprinkle with corn. Cook for less than 10 seconds.
- ☐ Lay the tortilla over the whole egg. After the egg is firm and attached to the tortilla, flip over, and lay the bacon on top. Put salsa over the bacon, and wrap.
- ☐ Remove from the skillet, cut into small pieces and serve hot.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:5.03, Inflammation Score:-3, Nutrition Score:9.0078260432119%

Nutrients (% of daily need)

Calories: 243.45kcal (12.17%), Fat: 14.19g (21.83%), Saturated Fat: 4.52g (28.27%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 16.39g (5.96%), Sugar: 2.82g (3.14%), Cholesterol: 178.2mg (59.4%), Sodium: 408.83mg (17.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.94%), Selenium: 19.91µg (28.44%), Phosphorus: 224.42mg (22.44%), Vitamin B2: 0.28mg (16.32%), Vitamin B6: 0.23mg (11.68%), Fiber: 2.75g (10.98%), Vitamin B5: 1mg (10.03%), Vitamin B3: 1.9mg (9.49%), Folate: 37.79µg (9.45%), Zinc: 1.33mg (8.87%), Magnesium: 34.37mg (8.59%), Vitamin B12: 0.5µg (8.36%), Vitamin B1: 0.12mg (8.24%), Manganese: 0.16mg (8.22%), Iron: 1.36mg (7.54%), Potassium: 248.04mg (7.09%), Vitamin A: 341.51IU (6.83%), Vitamin D: 0.97µg (6.45%), Vitamin E: 0.86mg (5.74%), Calcium: 52.51mg (5.25%), Copper: 0.1mg (5.24%), Vitamin C: 0.96mg (1.16%)