



## Crispy Breakfast Quesadilla

READY IN



10 min.

SERVINGS



1

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 slice bacon ready to serve
- 2 tablespoons cheddar cheese
- 0.5 cup eggs refrigerated well flavored
- 17-inch flour tortilla ()
- 2 tablespoons grape jelly

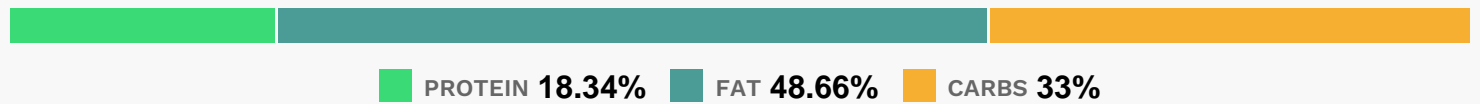
### Equipment

- frying pan

## Directions

- Spray a small skillet with butter flavored no-stick spray.
- Place over medium heat; add egg mixture cooking without stirring until edges begin to set. Gently turn eggs to scramble; cook until eggs are set.
- Heat a large skillet over medium heat. Coat one side of tortilla with cooking spray; place in pan sprayed side down. Cover half of tortilla with cheese, scrambled egg and bacon. Cook until lightly golden brown.
- Remove quesadilla to a serving plate.
- Spread preserves or jelly over other half of tortilla. Fold in half; serve warm.

## Nutrition Facts



## Properties

Glycemic Index:116, Glycemic Load:22.29, Inflammation Score:-6, Nutrition Score:22.025217263595%

## Nutrients (% of daily need)

Calories: 639.84kcal (31.99%), Fat: 34.19g (52.6%), Saturated Fat: 13.84g (86.47%), Carbohydrates: 52.17g (17.39%), Net Carbohydrates: 50.12g (18.23%), Sugar: 21.66g (24.06%), Cholesterol: 496.5mg (165.5%), Sodium: 865.73mg (37.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29g (57.99%), Selenium: 61.27µg (87.53%), Phosphorus: 512.01mg (51.2%), Vitamin B2: 0.87mg (50.91%), Calcium: 356.4mg (35.64%), Folate: 111.04µg (27.76%), Vitamin B12: 1.51µg (25.16%), Vitamin B1: 0.36mg (23.72%), Iron: 4.13mg (22.95%), Vitamin B5: 2.19mg (21.92%), Zinc: 3.2mg (21.3%), Vitamin A: 964.84IU (19.3%), Vitamin D: 2.7µg (17.99%), Vitamin B6: 0.32mg (16.05%), Vitamin B3: 3.04mg (15.2%), Manganese: 0.28mg (14.13%), Vitamin E: 1.64mg (10.96%), Copper: 0.19mg (9.72%), Magnesium: 37.04mg (9.26%), Potassium: 322.63mg (9.22%), Fiber: 2.05g (8.2%), Vitamin C: 3.52mg (4.27%), Vitamin K: 4.4µg (4.19%)