



Divorced Eggs

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter
- 0.3 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 4 6-inch corn tortillas warmed ()
- 4 slices oscar mayer deli ham smoked fresh
- 4 eggs
- 0.3 cup salsa green red warmed
- 0.3 cup mozzarella cheese shredded with a touch of philadelphia kraft

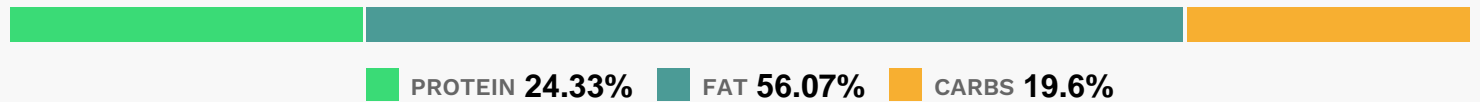
Equipment

frying pan

Directions

- Melt butter in medium skillet on medium-low heat.
- Add eggs, 1 at a time, allowing space between eggs; cover. Cook 4 to 5 min. or until whites are completely set and yolks begin to thicken but do not become firm.
- Top 2 eggs with mozzarella, then top remaining eggs with Mexican style cheese; cover. Cook 30 sec. or until cheeses are melted.
- Place tortillas in single layer on large plate; top 2 tortillas with ham, mozzarella-topped eggs and green salsa. Top remaining tortillas with remaining eggs and red salsa.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:2.7565216907988%

Nutrients (% of daily need)

Calories: 71.88kcal (3.59%), Fat: 4.45g (6.85%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 3.06g (1.11%), Sugar: 0.37g (0.41%), Cholesterol: 53.67mg (17.89%), Sodium: 165.6mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.69%), Selenium: 6.58µg (9.4%), Phosphorus: 76.44mg (7.64%), Vitamin B2: 0.09mg (5.21%), Vitamin B1: 0.06mg (3.82%), Vitamin B12: 0.22µg (3.61%), Zinc: 0.54mg (3.6%), Calcium: 35.68mg (3.57%), Vitamin B6: 0.07mg (3.28%), Vitamin A: 142.19IU (2.84%), Vitamin B5: 0.23mg (2.33%), Vitamin B3: 0.45mg (2.25%), Magnesium: 8.72mg (2.18%), Vitamin D: 0.31µg (2.04%), Iron: 0.37mg (2.04%), Potassium: 61.19mg (1.75%), Fiber: 0.44g (1.75%), Folate: 6.64µg (1.66%), Vitamin E: 0.21mg (1.39%), Manganese: 0.03mg (1.38%), Copper: 0.03mg (1.31%)