



Egg and Bacon Quesadillas

READY IN



45 min.

SERVINGS



4

CALORIES



831 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 6 slices bacon crumbled cooked
- ☐ 5 eggs beaten
- ☐ 4 8-inch flour tortilla
- ☐ 0.5 cup milk
- ☐ 4 servings salsa sour
- ☐ 16 oz cheddar cheese shredded

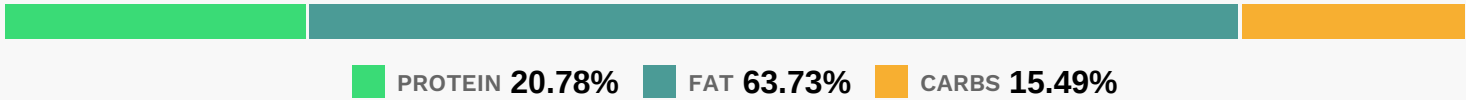
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Lightly spread about 1/4 teaspoon butter on one side of each tortilla; set aside. In a bowl, beat eggs and milk until combined.
- ☐ Pour egg mixture into a hot, lightly greased skillet; cook and stir over medium heat until done.
- ☐ Remove scrambled eggs to a dish and keep warm.
- ☐ Melt remaining butter in the skillet and add a tortilla, buttered-side down.
- ☐ Layer with 1/4 of the cheese, 1/2 of the eggs and 1/2 of the bacon. Top with 1/4 of the cheese and a tortilla, buttered-side up.
- ☐ Cook one to 2 minutes on each side, until golden. Repeat with remaining ingredients.
- ☐ Cut each into 4 wedges and serve with salsa and sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:9.25, Inflammation Score:-8, Nutrition Score:28.742608785629%

Nutrients (% of daily need)

Calories: 831.3kcal (41.57%), Fat: 58.79g (90.44%), Saturated Fat: 30.6g (191.22%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 29.79g (10.83%), Sugar: 5.16g (5.73%), Cholesterol: 348.59mg (116.2%), Sodium: 1663.2mg (72.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.12g (86.24%), Selenium: 67.37µg (96.24%), Calcium: 956.46mg (95.65%), Phosphorus: 822.61mg (82.26%), Vitamin B2: 0.98mg (57.52%), Zinc: 5.7mg (38.03%), Vitamin A: 1815.63IU (36.31%), Vitamin B12: 2µg (33.32%), Vitamin B1: 0.41mg (27.15%), Folate: 99.09µg (24.77%), Vitamin B3: 4.01mg (20.04%), Iron: 3.24mg (18.03%), Vitamin B5: 1.72mg (17.15%), Vitamin B6: 0.34mg (17.06%), Manganese: 0.32mg (15.93%), Magnesium: 60.76mg (15.19%), Vitamin D: 2.16µg (14.43%), Vitamin E: 2.05mg (13.64%), Potassium: 416.84mg (11.91%), Fiber: 2.36g (9.44%), Copper: 0.16mg (8.19%), Vitamin K: 8.48µg (8.08%)