



Egg, Ham and Cheese Burrito

READY IN



10 min.

SERVINGS



10

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup milk cheddar cheese shredded 2% kraft
- 6 slices oscar mayer deli ham smoked fresh chopped
- 3 egg whites
- 1 eggs whole
- 2 8-inch tortillas whole wheat ()

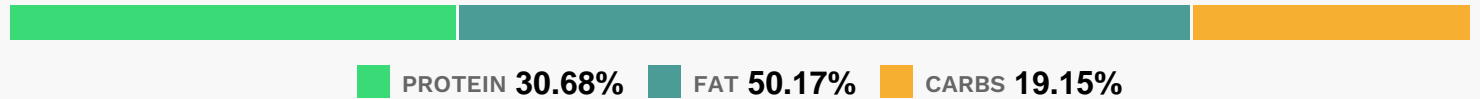
Equipment

- frying pan

Directions

- Beat whole egg, egg whites and ham until blended.
- Heat skillet sprayed with cooking spray on medium-high heat.
- Add egg mixture; cook 3 min. or until set, stirring occasionally.
- Spoon egg mixture down centers of tortillas; top with cheese. Fold in opposite sides of each tortilla, then roll up burrito-style.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.7686956524849%

Nutrients (% of daily need)

Calories: 86.44kcal (4.32%), Fat: 4.74g (7.3%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.54g (1.29%), Sugar: 0.44g (0.49%), Cholesterol: 29.61mg (9.87%), Sodium: 288.84mg (12.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Selenium: 7.76µg (11.09%), Vitamin B1: 0.1mg (6.93%), Vitamin B2: 0.11mg (6.42%), Phosphorus: 58.95mg (5.9%), Calcium: 38.46mg (3.85%), Vitamin B3: 0.76mg (3.82%), Zinc: 0.55mg (3.69%), Vitamin B6: 0.07mg (3.69%), Vitamin B12: 0.18µg (3.08%), Iron: 0.43mg (2.37%), Fiber: 0.53g (2.13%), Potassium: 70.97mg (2.03%), Vitamin B5: 0.17mg (1.73%), Vitamin D: 0.22µg (1.48%), Magnesium: 5.47mg (1.37%), Vitamin A: 52.07IU (1.04%), Copper: 0.02mg (1.01%)