



Good Morning Egg Quesadilla

READY IN



10 min.

SERVINGS



10

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs
- 18-inch flour tortilla ()
- 1 slice oscar mayer ham smoked chopped
- 0.3 cup cheddar cheese shredded kraft

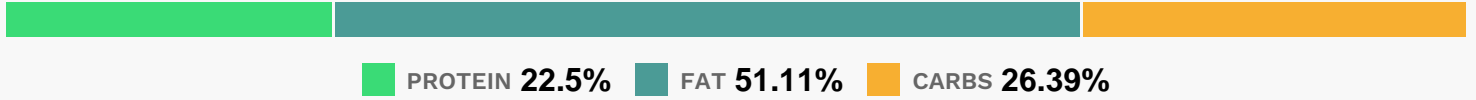
Equipment

- frying pan

Directions

- Cook tortilla in medium skillet sprayed with cooking spray on medium heat 30 sec. Turn; top with cheese and egg. Cover with lid; cook 4 min. or until egg white is almost set.
- Top with ham. Carefully fold tortilla in half, being careful to not break yolk; cook, covered, 1 min. or until ham is heated through, egg white is completely set and yolk is cooked to desired doneness.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:0.81, Inflammation Score:-1, Nutrition Score:1.5643478165502%

Nutrients (% of daily need)

Calories: 40.23kcal (2.01%), Fat: 2.26g (3.47%), Saturated Fat: 1g (6.23%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.44g (0.89%), Sugar: 0.21g (0.24%), Cholesterol: 20.93mg (6.98%), Sodium: 95.5mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Selenium: 3.92µg (5.6%), Phosphorus: 38.15mg (3.81%), Vitamin B2: 0.05mg (3.13%), Calcium: 30.08mg (3.01%), Vitamin B1: 0.05mg (3%), Folate: 7.54µg (1.88%), Vitamin B3: 0.36mg (1.78%), Zinc: 0.25mg (1.68%), Iron: 0.29mg (1.62%), Vitamin B12: 0.09µg (1.45%), Manganese: 0.03mg (1.36%), Vitamin B6: 0.02mg (1.15%), Vitamin A: 52.07IU (1.04%)