



## Hacienda Ham Scrambler

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



27 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

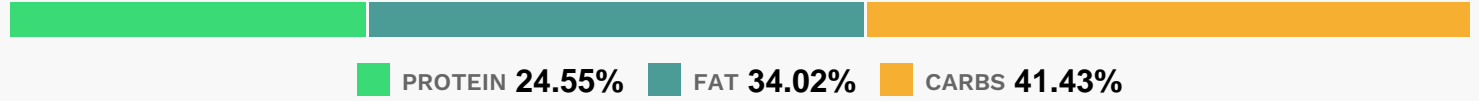
- 1 eggs
- 1 muffin split english toasted
- 1 slice oscar mayer ham boiled
- 2 tsp taco bell® & chunky mild salsa thick
- 1 velveeta®
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### Equipment

## Directions

Fill muffin halves with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:1.85, Inflammation Score:-1, Nutrition Score:0.98826086982761%

## Nutrients (% of daily need)

Calories: 26.78kcal (1.34%), Fat: 0.99g (1.53%), Saturated Fat: 0.32g (2%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.55g (0.93%), Sugar: 0.05g (0.06%), Cholesterol: 18.1mg (6.03%), Sodium: 72.4mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Selenium: 2µg (2.85%), Phosphorus: 22.6mg (2.26%), Vitamin B2: 0.04mg (2.08%), Vitamin B1: 0.03mg (1.95%), Manganese: 0.02mg (1.15%), Vitamin B3: 0.23mg (1.14%), Vitamin B6: 0.02mg (1.12%), Zinc: 0.16mg (1.09%), Folate: 4.3µg (1.08%), Vitamin B5: 0.11mg (1.08%)