

Ham and Cheese Breakfast Tortillas

READY IN



30 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices finely-chopped ham diced cooked
- 12 eggs
- 4 10-inch flour tortilla ()
- 2 spring onion minced
- 0.3 cup milk
- 0.5 cup salsa
- 4 servings salt and pepper to taste
- 4 ounces cheddar cheese shredded

Equipment

frying pan

Directions

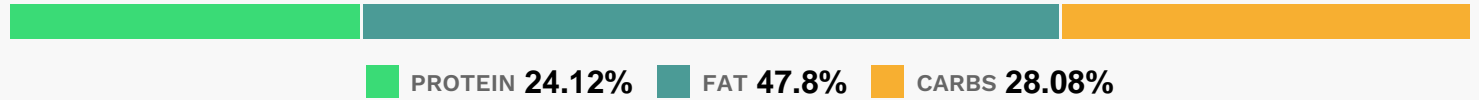
Beat together eggs and milk.

Heat a lightly oiled skillet (or non-stick pan) over medium high heat and cook egg mixture, stirring occasionally, until firm. When almost done, stir in ham, green onions, salt and pepper.

Spoon 1/4 of the egg mixture on top of each tortilla.

Sprinkle the eggs with cheese, fold over the tortilla to make a roll and top with salsa if desired.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:11.56, Inflammation Score:-7, Nutrition Score:28.161739307901%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 573.46kcal (28.67%), Fat: 30.11g (46.32%), Saturated Fat: 12.36g (77.27%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 36.61g (13.31%), Sugar: 5.53g (6.15%), Cholesterol: 537.16mg (179.05%), Sodium: 1546.27mg (67.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.18g (68.36%), Selenium: 69.03µg (98.61%), Phosphorus: 629.88mg (62.99%), Vitamin B2: 1.02mg (59.94%), Calcium: 416.36mg (41.64%), Vitamin B1: 0.55mg (36.7%), Folate: 139.56µg (34.89%), Vitamin B12: 1.88µg (31.35%), Iron: 5.3mg (29.45%), Vitamin B5: 2.58mg (25.85%), Zinc: 3.75mg (25.03%), Vitamin A: 1245.62IU (24.91%), Manganese: 0.44mg (22.16%), Vitamin B3: 4.37mg (21.85%), Vitamin B6: 0.41mg (20.61%), Vitamin D: 3.03µg (20.23%), Vitamin K: 19.96µg (19.01%), Potassium: 481.45mg (13.76%), Vitamin E: 2.04mg (13.59%), Magnesium: 51.82mg (12.96%), Fiber: 3.19g (12.76%), Copper: 0.23mg (11.38%), Vitamin C: 6.64mg (8.05%)