



Ham and Egg Breakfast Quesadillas



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup ham crumbled cooked cut into small pieces or 2 slices bacon, and
- ☐ 2 eggs scrambled style cooked
- ☐ 1 green onion sliced
- ☐ 1 tablespoon jalapeños fresh sliced (pickled or)
- ☐ 0.3 cup monterey jack shredded
- ☐ 1 tablespoon pico de gallo
- ☐ 0.3 cup cheddar shredded
- ☐ 1 10-inch tortillas ()

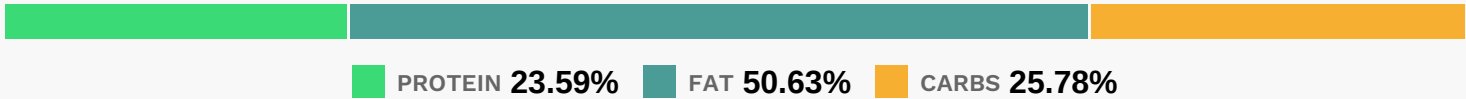
Equipment

☐ frying pan

Directions

- ☐ Heat a pan over medium heat.
- ☐ Place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, followed by the ham, scrambled eggs, salsa, jalapenos, green onion and the remaining cheese.Fold the tortilla in half coving the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:152, Glycemic Load:11.52, Inflammation Score:-8, Nutrition Score:28.86086957351%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 615.6kcal (30.78%), Fat: 34.36g (52.86%), Saturated Fat: 16.12g (100.73%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 36.18g (13.15%), Sugar: 4.99g (5.55%), Cholesterol: 401.38mg (133.79%), Sodium: 1393.42mg (60.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.01g (72.02%), Selenium: 60.44µg (86.35%), Phosphorus: 664.09mg (66.41%), Calcium: 574.09mg (57.41%), Vitamin B2: 0.92mg (54.21%), Vitamin B1: 0.56mg (37.47%), Vitamin C: 27.2mg (32.97%), Folate: 130.76µg (32.69%), Vitamin K: 34.3µg (32.67%), Vitamin B12: 1.72µg (28.59%), Zinc: 4.09mg (27.26%), Iron: 4.78mg (26.58%), Vitamin A: 1303.8IU (26.08%), Vitamin B3: 4.46mg (22.3%), Manganese: 0.42mg (21.17%), Vitamin B5: 1.94mg (19.43%), Vitamin B6: 0.38mg (18.76%), Vitamin D: 2.1µg (13.99%), Magnesium: 51.8mg (12.95%), Fiber: 3.18g (12.73%), Vitamin E: 1.81mg (12.08%), Potassium: 403.28mg (11.52%), Copper: 0.2mg (10.18%)