



Ham and Potato Chip Tortilla



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



7

CALORIES



421 kcal

SIDE DISH

Ingredients

- ☐ 12 large eggs (large)
- ☐ 1.5 pound ham steak cut into 1/2-inch dice
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 5 ounces potato chips crushed
- ☐ 3 large spring onion sliced (large)

Equipment

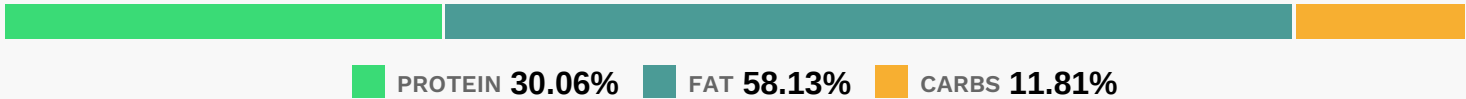
- ☐ bowl
- ☐ frying pan

☐ broiler

Directions

- ☐ Preheat the broiler and position a rack 8 inches from the heat. In a large bowl, beat the eggs.
- ☐ Add the potato chips and mash to break them up.
- ☐ In a large ovenproof nonstick skillet, heat the olive oil.
- ☐ Add the diced ham and sliced scallions and cook over high heat for 1 minute.
- ☐ Add the eggs and cook until set on the bottom and side, about 3 minutes. Broil the tortilla for about 2 minutes, until the top is lightly browned and the eggs are set. Slide the tortilla onto a plate, cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:4.57, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:24.106956461202%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 420.5kcal (21.03%), Fat: 26.9g (41.39%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 11.39g (4.14%), Sugar: 0.63g (0.7%), Cholesterol: 362.6mg (120.87%), Sodium: 1463.75mg (63.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.3g (62.6%), Selenium: 41.95µg (59.93%), Vitamin B1: 0.86mg (57.39%), Vitamin C: 37.78mg (45.8%), Phosphorus: 457.38mg (45.74%), Vitamin B2: 0.61mg (36.03%), Vitamin B6: 0.62mg (30.97%), Vitamin B3: 6.02mg (30.11%), Vitamin K: 31.55µg (30.05%), Vitamin B5: 2.8mg (28.05%), Vitamin E: 4.18mg (27.84%), Vitamin B12: 1.53µg (25.51%), Zinc: 3.33mg (22.21%), Potassium: 706.82mg (20.19%), Iron: 2.93mg (16.29%), Folate: 56.9µg (14.23%), Vitamin D: 1.71µg (11.43%), Vitamin A: 569.68IU (11.39%), Magnesium: 43.65mg (10.91%), Manganese: 0.21mg (10.58%), Copper: 0.2mg (9.79%), Calcium: 63.93mg (6.39%), Fiber: 0.91g (3.63%)